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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

1.9422
N8F73
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in cooperation with STATE AND NATIONAL NUTRITION PROGRAM

FOOD FACTS AND FALLACIES

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE!

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local,county) nutrition committee presents....FOOD MAKES A DIFFERENCE...a weekly feature on food to help you feed your family wisely and well. Today, we're going to take an imaginary peek in the keyhole of a benefit bridge party where the ladies are discussing practically everything but bridge. I think we'll find that most of the conversation at this particular table is about food facts and fallacies...but the players do get back to the bridge game every once in a while. Let's see how the game is progressing. Mary's the dealer and she's getting ready to bid.

MARY: I'll open the bidding with one club. How about you, Polly?

POLLY: One heart..What do you say, Dot?

DOT: Let's see...I think I'll say a spade. Oh look, there's Mrs. Jones at the next table. I thought she wasn't coming out today.

MARY: Why?

DOT: She was sick in bed yesterday.

POLLY: Really? What was wrong with her?

DOT: Well, she thought something she ate disagreed with her. And no wonder ...with the foods she had the other night. Imagine, fish and milk for the same meal!

MARY: Didn't she know better than to combine sea food with milk? Why my grandmother taught me that when I was a child and I've never forgotten.

POLLY: You're awfully quiet, Jane, What's your idea about this?

JANE: Let me ask you girls a question before I give my opinion. Did you ever try fish and milk to see what it would do to you?

MARY: Why of course not. I never deliberately wanted to make myself sick.

POLLY: Don't tell me that you ever had those two foods at the same time, Jane? You're the nutritionist in the crowd...and should know better.

JANE: That's the point I'm trying to make, I do know better...better than to believe all this nonsense you're talking about. The fact is, the combination of sea food and milk does not make you sick.

MARY: You actually mean that?

JANE: Sure...if the sea food is fresh. It's just an old food fallacy that has been passed on for several generations. Of course, if the sea food isn't good, it's likely to cause disturbances all by itself.

POLLY: Well, I never knew that before.

DOT: While we're on the subject of breaking down food superstitions, I'd like to know about another pair that is often considered an unhealthful combination. What about citrus fruit and milk together?

JANE: You know, it's funny about that idea. Scientists tell us that actually an acid fruit and milk combination is even more easily digested than milk alone.

MARY: Milk's the most perfect food, isn't it?

JANE: There's no food that can be called perfect or complete, but milk comes the nearest of all to being an all-around food. Although it has a number of necessary food values, it doesn't provide all the essentials in just the right amounts for good health. And another thing. One food can't build up resistance, either. A well balanced diet including all the necessary vitamins and minerals in the required amounts should increase resistance to infection.

POLLY: Then there's no one food that will cure a cold, is there?

JANE: No, there isn't. A single food or a single vitamin neither prevents nor cures a cold....no matter how long you take it.

DOT: I'm surely learning a lot today.

JANE: Don't you think we'd better get back to the bridge game? The other tables will be finished before we are. Where were we?

MARY: It's your bid, Jane.

JANE: Oh, excuse me. I'll pass.

MARY: I'll say one diamond.

DOT: One spad has already been bid so you'll have to say two diamonds.

MARY: Okay, two diamonds. How about you, Polly?

POLLY: Pass.

DOT: Two no trump. You're next, Jane.

JANE: I'll pass too.

MARY: I think I'll go game and say three no trump.

DOT: That's good enough...guess I'll have to play this hand, won't I?

MARY: Well, it's your lead, Jane.

DOT: I should have had some brain food for dinner in order to help me make this bid.

POLLY: N ow Dot, you know you don't believe in brain foods. There's no one food that will give you more brain power than you already have. Am I not right, Jane?

JANE: You surely are. I'm afraid we could eat one of those so called brain foods every day of the year and it still wouldn't make us any smarter. When you hear anyone say that fish is a brain food you can bet that it's only wishful thinking.

DOT: That goes for the foods that some people consider nerve foods, too, doesn't it?

JANE: That's right. Celery is a good food but it's a misnomer when you call it a nerve...oh Polly, you trumped my perfectly good queen. Why don't you remember what's been played?

DOT: Now who needs brain food?

POLLY: All I need is to stop talking so much and concentrate on the game.

MARY: Don't do that....I get much more kick out of all the news I hear at a bridge game than I do the actual game. By the way, did you hear that Mrs. Jackson has appendicitis?

DOT: Yes. And I hear that she ties it up with a bunch of grapes she ate several days ago.

JANE: Now isn't that silly. But lots of people do think that eating fruit seeds causes appendicitis.

POLLY: You mean there's nothing to it?

JANE: No. There's no scientific foundation to that idea at all. If Mrs. Jackson ate fruit seeds before she came down with appendicitis, it was just a coincidence.

MARY: Talking about all this food makes me hungry.

POLLY: I'm not hungry but I could surely do with a cup of black coffee.

MARY: That reminds me of an argument I had with a friend the other day. She said that black coffee was better for you than a cup with sugar and cream.

POLLY: Let me interrupt with the fact that we're playing bridge. You know, we need only one more trick to set them...and they're vulnerable, too.

JANE: Polly, I'm doing my best but my cards were pretty bad this time. There's just one chance....

MARY: I still want that question answered. Jane, do you think that black coffee is better for you than a cup with sugar and cream added?

JANE: Don't let any black-coffee drinker tell you that. Neither sugar nor cream...or the two together, can change the stimulating effect of a cup of coffee. Of course, sugar and cream do add calories. So if you drink your coffee straight you'll be cutting down on calories.

MARY: I've heard people say that honey and brown sugar are better sources of vitamins and minerals than refined sugar is. Is there enough difference so that it's best to use those two sweetening agents instead of white sugar?

JANE: There's really not much difference in the food values of these sweets. However, there is a small amount of calcium in both brown sugar and honey. And honey contains a small amount of some of the vitamins... particularly the B Vitamins.

DOT: Well, girls, I have just two more tricks to go. I really think I'm going to make my bid.

POLLY: Oh, I wouldn't be so sure of myself if I were you.

MARY: As we seem to be on the subject of food today, I'd like to ask you girls about something that's been bothering me. It used to be that I never kept any of my canned foods in the cans more than a few minutes after opening them. Then not so long ago I read somewhere that it was safe to let foods stand in the can. Do you do that or do you pour the contents into a refrigerator dish when you're planning to keep them for a day or so?

DOT: I always sorta hesitate to keep food in the can, too.

JANE: If that's all that you have to worry about, you're pretty lucky people. It's perfectly safe to leave food standing in tin cans that have been opened. But, of course, you don't want to leave it out on top of your stove or any place in a warm kitchen.

POLLY: You mean, keep it refrigerated?

JANE: That's right. Store it just as you'd store that food in its fresh state.

DOT: What's all this I've heard about not cooking acid foods in aluminum utensils?

JANE: That's another food fallacy. It's perfectly safe to cook these foods in aluminum pans. The food may slightly brighten or even darken the sides of the pan. However, small traces of aluminum that may be taken up by the food won't do the body any harm.

DOT: Congratulate me girls, I made the bid. I must say I thought it was going to be impossible when I found out that my opponenets had so many of the high hearts.

MARY: That makes a rubber for us, too. I don't think the other tables have finished a rubber.....

ANNOUNCER: Well, folks, that's all of the bridge game for today...if you can call it that. It's surprising that some people still have those old fashioned beliefs about food, isn't it? You'd think that in such a civilized world these food fallacies would be extinct. But some people insist on clinging to those ancient beliefs that have no scientific background. It's hard to tell where these ideas started. However, wise homemakers ignore all of these false ideas about food, and see that their families have balanced diets by including adequate quantities of food from all the Basic Seven Food Groups. Poor diets are usually poor because of what they lack rather than what they include. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...a public service of Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

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(An exclusive service to local nutrition committees in cooperation)
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in cooperation with STATE AND NATIONAL NUTRITION PROGRAM

CALCIUM

ANNOUNCER: We bring you now....FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 Seconds)

ANNOUNCER: Station ___....in cooperation with your (local, county) nutrition committee...presents.. FOOD MAKES A DIFFERENCE...a weekly feature on food to help you feed your family wisely and well. Today, Mrs. Brown and Mrs. Smith, members of the nutrition committee, say they're going to talk about something I can get my teeth into. Hope it's a chocolate caramel, Mrs. Brown.

BROWN: No, it isn't (announcer)...But you need what we're going to talk about to chew a chocolate caramel.

ANNOUNCER: I can't guess from that....let's see if I can get a clue from Mrs. Smith here...Are you two planning to tell me I can bite a vitamin in half?

SMITH: Sorry, (announcer)...Not much stress on vitamins today either.

ANNOUNCER: Some riddle. Well, is the answer...animal, vegetable or mineral?

BROWN: Mineral.

ANNOUNCER: Mmmmm. Mineral and something that affects my chewing. Ah, teeth... how about calcium?

SMITH: That's the answer.

ANNOUNCER: But everybody knows we need calcium for firm teeth...and for bones, too.

BROWN: Maybe, they do (announcer). Still this mineral is often low in American diets.

ANNOUNCER: Well I know calcium is found in milk. And I've heard we're drinking a lot more milk than we used to. How do you account for a calcium shortage in our diets?

BROWN: Yes, it's true more people are drinking milk, but most adults don't get their full quota.

SMITH: Probably we accept the fact that <u>growing children</u> need a quart of milk a day. But adults, as you said, often neglect to get their daily requirement.

ANNOUNCER: How much milk is that daily?

SMITH: About two to three glasses.

ANNOUNCER: Don't the cheese and ice cream eaters get any credit for taking their milk in that form?

BROWN: Yes. All milk products contribute a share of our calcium. Perhaps we stress milk most because it's our best every-day source of calcium.

SMITH: And in milk, this mineral is in a form easily used by the body.

ANNOUNCER: That's good...I want to be sure my teeth and bones are getting their ful support.

SMITH: Here's another thing...while most people know calcium is needed to make firm teeth and bones and keep them in sound condition...they don't know it has other functions, too.

ANNOUNCER: Like what?

BROWN: Calcium aids in clotting of blood.

ANNOUNCER: Quite an important function to assure quicker healing of cuts.

BROWN: Calcium has another service too.

ANNOUNCER: Say, this is some mineral.

BROWN: It helps maintain normal responses of the heart and other muscles.

ANNOUNCER: Such as the proper response when a blonde walks by?

BROWN AND SMITH: (LAUGH...Ad Lib..."Well, not quite")

ANNOUNCER: But seriously, girls, I can see calcium has a full time job. And it's just too bad if we miss out on it...poor teeth and bones, slow clotting of blood, and heart and muscles get out of gear.

BROWN: And here's another thing...where this calcium is stored in the body is very important.

ANNOUNCER: Now don't tell me we can store calcium and sort of take a bite off when we need it.

BROWN: Not exactly....but you're not far off.

ANNOUNCER: But I was just kidding...what did I say that was right?

BROWN: It's like this. Our bones and teeth contain 90 percent or more of the calcium in our bodies.

ANNOUNCER: And where's the rest of it?

SMITH: In the soft tissues...like muscles...and skin, etc.

ANNOUNCER: Just so it knows where to go.

SMITH: But here's the point I want to make. If the blood doesn't get the constant supply of calcium it needs for heart and muscle action, it draws on the calcium you have stored in your teeth and bones.

ANNOUNCER: That's not so good.

SMITH: No, it isn't. If the teeth and bones have to part with some of their mineral content, they become porous and brittle.

ANNOUNCER: Say, that word "brittle" makes me wonder.

BROWN: About what?

ANNOUNCER: Well, you often hear about people slipping and falling and getting broken bones or fractures from what seems like just a little spill. Do you suppose some of these people have been low in their calcium?

BROWN: I wouldn't be surprised at all.

SMITH: And what's more, you hear about some of these bone breaks healing very slowly.

BROWN: That's right. Physicians find that broken bones usually heal faster if the person has continued to get calcium in his diet.

SMITH: But by that statement, (announcer), I hope you won't think calcium will cure any repeated fracture in aged people.

ANNOUNCER: I see...but it <u>is</u> important in healing fractures in younger or middle aged patients.

SMITH: That's right.

BROWN: Something else we shouldn't overlook at this point. There's another mineral that works hand in hand with calcium in the formation of strong bones.

ANNOUNCER: Gold maybe.

SMITH: Not quite of that standard, (announcer).

ANNOUNCER: I give up on this one.

SMITH: Well, it's phosphorus.

ANNOUNCER: I never thought I'd live to see the day I ate phosphorus.

SMITH: There's a very important kind of phosphorus found in food.

ANNOUNCER: Never heard of foods with phosphorus.

SMITH: Oh yes, you have. Phosphorus is found in generous amounts in most of the foods that supply calcium...milk, cheese and eggs are good sources.

ANNOUNCER: Then if I get enough calcium, there's little chance of being short of phosphorus.

SMITH: That's the story.

ANNOUNCER: You've mentioned milk as our chief source of calcium and phosphorus. What about the people in other countries...where little milk is used?

BROWN: In the Artic, the Orient and some parts of Africa, people thrive because they use sources of calcium we Americans neglect.

ANNOUNCER: Such as...

BROWN: Well, the Chinese get a large amount of their calcium from bone. In other parts of the world, the calcium people need comes from chewing small bones and the soft ends and interiors of the larger bones.

SMITH: Another thing, some of these people eat coarser kinds of green leafy vegetables than we do. If the leaves are too coarse, they are burned and the people eat the ashes...so unknowingly they get calcium from the ashes.

ANNOUNCER: I'd just as soon skip the bones and ashes, but I suppose we could eat more leafy green vegetables in this country.

BROWN: Yes, those green vegetables are the second best source of calcium we have.

SMITH: Especially the leafy ones...kale, collards, broccoli and turnip greens.

ANNOUNCER: How about beet and mustard greens? (*See note at end of script)

BROWN: They're very good.

SMITH: When we're talking about calcium and phosphorus, we should mention the other member of the "bone building trio"...Vitamin D.

ANNOUNCER: Does that come into the picture too?

SMITH: Yes, indeed.

BROWN: You might say Vitamin D keeps calcium and phosphorus working on the right jobs.

ANNOUNCER: Sort of a supervisor?

BROWN: That's the idea.

SMITH: I saw an illustration the other day along that line.

ANNOUNCER: With Vitamin D as the supervisor of calcium and phosphorus?

SMITH: Yes, calcium and phosphorus were pictured as two little workers and Vitamin D was dressed up as the boss. He said, "They couldn't work right without me...I am Vitamin D."

ANNOUNCER: That's pretty good. Well from now on I'm going to have at least a couple of glasses of milk every day.

SMITH: A good rule for grown-ups to remember. Growing children need more calcium than adults. So until the age of twenty they should get a quart of milk a day.

ANNOUNCER: And this could include skim milk and buttermilk?

BROWN: Those two are just as rich in calcium as whole milk. Or, milk in the form of cream soups, ice cream, puddings, and custards also counts.

ANNOUNCER: Milk in any form and in cookery counts.

BROWN: And as a second source of calcium...green, leafy vegetables.

ANNOUNCER: Thank you, Mrs. Brown and Mrs. Smith for telling us about calcium. It certainly is a food value that can "add years to our life and life to our years". Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...presented by Station ____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

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(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, War Food Administration.)

RSS-37-1945

* Local broadcasters should check on supplies of green vegetables on their own markets and emphasize those available.

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

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in cooperation with STATE AND NATIONAL NUTRITION PROGRAM

"LEFTOVERS -- COMEBACKS WITH CHARACTER"

NOTE: (Check on availibility of vegetables mentioned in this script before recommending use of a specific vegetable.)

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee....presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Let's think about costume parties for a few minutes. Costume or fancy dress parties are fun because you can change your personality for a few hours. (A nice thought if you've been wondering what to do with a troublesome personality.) Now since this program is devoted to a discussion of food, let's assume we're having a fancy dress ball for the foods we eat.....

VEGETABLE: May I interrupt right here, Mr. Announcer?

ANNOUNCER: Looks like you're already on the air...but just who are you?

VEGETABLE: Just call me "Vegetable"....I'm here as spokesman for my whole family. I just heard your announcement about a costume party and I'd like to make some suggestions on attendance.

ANNOUNCER: The plans aren't made yet, so go ahead.

VEGETABLE: I suggest we limit our guest list.

ANNOUNCER: You mean just invite vegetables?

VEGETABLE: No indeed. Let's have all kinds of food at our dress-up party, but let's insist that they be a "leftover" before they come.

ANNOUNCER: You mean only left-over cooked foods?

VEGETABLE: Right.

ANNOUNCER: But you can't have much of a party with left-over foods. They have no character, no flavor. In fact, left-overs are just warmed up imitations of the originals.

MEAT: Hold on there! I resent that remark.

ANNOUNCER: Now who asked you to interrupt?

MEAT: Constitutional rights, Mr. Announcer. I resent your remarks because I consider myself a perfectly good piece of cooked meat. Just because I was served last night as roast, there's no reason why I should be without character today.

ANNOUNCER: Well, you look kind of bony and ragged to me.

VEGETABLE: Now wait a minute, Mr. Announcer. What you just said bears out the need for a fancy dress dinner with left-overs. Give us a chance to appear at the dining room table with new fixings...and we'll show you that left-overs can have personality.

FISH: I second the motion!

POULTRY: I third it!

ANNOUNCER: Now who the dickens are you two fellows?

FISH: I'm a spokesman for all left-over fish.

POULTRY: And I'm a spokesman for all left-over poultry.

ANNOUNCER: What a gathering. Left-over vegetables, meat, fish and poultry. Problem children for every cook. You'll all have to think up some pretty good costumes if you're going to win favor at our dress-up dinner.

VEGETABLE: Come on, Mr. Announcer, give us a chance. All we need is one good public appearance to prove to every cook that we have plenty of appeal left.

ANNOUNCER: Maybe you're right, Vegetable. But even if the cook doesn't throw you foods away, you'll always be a warmed over subject to her.

VEGETABLE: Not necessarily, Mr. Announcer. We leftovers are like old performers staging a comeback with a new personality.

MEAT: We meats uphold the opinion of the Vegetable. We don't need to be just the leavings from yesterday's dinner. All we ask is a new role for our next appearance.

ANNOUNCER: There's something to what you say, Mr(s) Meat. I must admit it's often necessary and economical to buy larger cuts of meat for a family than can be used at one meal. But what are you going to wear at our fancy ball?

MEAT: All I need is some new trimmings and I'll have all the glamour of the day I was first cooked.

ANNOUNCER: You were pretty expensive to begin with, Mr(s). Meat.

MEAT: All the more reason why I should be good to the last bite. But first of all, I shouldn't be dried out before I make by comeback. I should go into the refrigerator if I need to be held from one day to the next.

ANNOUNCER: Even at that, you might be a pretty dry number reheated for our party.

MEAT: Not with gravy or meat stock or white sauce fixings. Why I'm a prize-winning number as a Shepherd's Pie.

ANNOUNCER: You mean...cubes of meat in gravy.....

MEAT: With a mashed potato crust. A quick and easy change of costume.

ANNOUNCER: You sound good enough to eat.

MEAT: I am. And believe it or not...I'm not bad as hash either.

ANNOUNCER: Oh, I go for good hash allright...but aren't you afraid that hash role could become monotonous?

MEAT: Not with a little imagination on the part of the cook. Baked hash served on toast with poached egg has plenty of eye and tast appeal.

ANNOUNCER: I see your point...and that egg would stretch out the meat dish.

MEAT: And ordinary hash becomes <u>extraordinary</u> when its used as stuffing for baked peppers or eggplant.

VEGETABLE: Not necessarily, Mr. Announcer. We leftovers are like old performers staging a comeback with a new personality.

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VEGETABLE: And I've a suggestion about hash with members of the vegetable family. Just bake hash in a ring. Then fill the center with cooked vegetables.

MEAT: Thanks for the support, Vegetable. I guess we'd be tops together at a fancy dress ball.

FISH: Hold on! Don't you fellows want a little bit of competition from me? I'd like to tell what leftover fish can wear in a new role.

ANNOUNCER: Go ahead.

FISH: Now don't sound so skeptical. We fish take readily to flavorful new guises.

ANNOUNCER: I don't know. Lots of cooks are stumped when it comes to using left-over fish.

FISH: Sure....and they usually chop us up so fine a person can't tell what he's eating. People want to be able to identify their foods, or they get mad.

ANNOUNCER: How do you suggest a change then?

FISH: Cut us in pieces that are easily distinguishable. Then people will know what they're eating.

ANNOUNCER: But I don't know what to do with leftover fish.

FISH: Just remove all the bones and skin...and leave in as large pieces as possible. From there on out, it's variety that counts.

ANNOUNCER: You sound like you knew the answers.

FISH: Just look at the possibilities...fish souffle, salad, aspic...or creamed fish!

VEGETABLE: From a vegetable point of view I'd like to point out that there are plenty of variations to play on that creamed fish theme.

ANNOUNCER: You don't say.

VEGETABLE: Yes I do. You can combine creamed fish with peas, or you can put the creamed fish in a deep dish to hold the heat and top it with minced parsley. Or you can make a fish pie with creamed fish in a delicately browned crust made from left-over mashed potatoes.

FISH: Thanks for the support, my vegetable friend. Creamed fish is good on toast too, or combined with rice or noodles...or with chopped cooked eggs.

ANNOUNCER: I must admit, Mr(s) Fish, you'd be a good addition to our party.

POULTRY: Looks like I'd better put in a word for poultry.

ANNOUNCER: Yes, competition for prize-winning numbers is getting warmer.....or should I say "reheated".

POULTRY: I'll overlook that statement, Mr. Announcer. But I'd like to say that I can step along with any of the trimmings Mr(s). Fish used. I'd also like to emphasize a point he made.

ANNOUNCER: Go ahead,...this being a repeat performance for your foods.

POULTRY: I'd just like to advise the cooks who dress us up to avoid camouflage. Folks get suspicious if a food "comeback" arrives at the table in a thick disguise. All we ask is a new role...new trimmings...after all we're delicious in our own right.

ANNOUNCER: You fellows certainly won the decision. We'll have a dress-up dinner for left-overs.

VEGETABLES: Might I say one more word for we left-over vegetables?

ANNOUNCER: Just a few.

VEGETABLES: When you have left-over vegetables for another meal, put them in a covered container in the refrigerator immediately. Quick refrigeration prevents spoilage, drying, and loss of flavor. The cover and low temperature help prevent loss of vitamins too. And when you reheat us, heat us quickly as possible to cut down that vitamin loss. We vegetables have to go around considering our Vitamin C.

ANNOUNCER: You mean the vitamin that air and long cooking destroy...and water dissolves?

VEGETABLE: Yes, that's the one. Vitamin C is a valuable contribution to the diet. So, it's better to cook your vegetables fresh each meal if it can be arranged. And use the cooking liquid, too. But always save the food value in left-over vegetables by careful storage.

ANNOUNCER: Well, thank you my friends from yesterday's dinner.

Folks, there are many more appetizing ways to use leftovers than we have time to tell you on our Food Makes A Difference program. One thing is certain...these "comebacks" are a challenge to the cook's ingenuity. If you can bring the family around to liking the comebacks better than they did the original dish...that's a triumph. Try some tricks with tasty sauces...the right amount of seasonings...and the skillful use of herbs...You'll find that you have some prize numbers at the dress-up dinner for foods. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...presented by Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

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(An exclusive service to local nutrition committees in cooperation)
(with the State and National Nutrition Program, War Food)
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Food Makes a Difference

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in cooperation with

"RIBOFLAVIN"

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____.....in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today, I've asked Mrs. Brown of the nutrition committee to help me out on the meaning of a word

BROWN: I also brought along Mrs. Smith, (title), to help on your problem, (Ancr

ANNOUNCER: How do you do Mrs. Smith?

SMITH: I hope the answer will be "Fine", (announcer). It all depends on that word puzzler of yours.

ANNOUNCER: Well, I won't keep you two in suspense. The word I'm having difficulty with is "Riboflavin".

BROWN: And why is it such a problem, (announcer)?

ANNOUNCER: Because I don't know what it means! And I hear "riboflavin" mentioned so many times. You know...in ads..."Get your riboflavin in milk". Or maybe an ad for enriched bread or for whole grain cereals tells me the same thing.

BROWN: That's because riboflavin is found in those foods, (announcer).

ANNOUNCER: But what actually is riboflavin?

SMITH: Well.....first, it's a vitamin,

ANNOUNCER: I see...or do I? Vitamins being those miracle workers we can't see.

BROWN: Maybe you're more familiar with the vitamin letters we use for riboflavi Sometimes we call it Vitamin B2, sometimes Vitamin G.

ANNOUNCER: Now I really am mixed up. Riboflavin is a vitamin or nutrient...but I can't see it. Sometimes it's called Vitamin B2...then again it might be called Vitamin G.

BROWN: You mean we haven't cleared up your problem?

ANNOUNCER: Now wait a minute----you two don't get off quite that easily. I want to know what riboflavin does...why I need to think about it?

SMITH: It's a mighty important vitamin...plays a part in the chemical process of each cell of the body.

ANNOUNCER: And when it starts to work what happens?

BROWN: It promotes vigor.

ANNOUNCER: Which I'd say is important for both young and old.

SMITH: And it aids in preventing digestive disturbances.

ANNOUNCER: Good thing to remember, I'd say.

SMITH: And it even helps the nervous system....

BROWN: So you won't be nervously depressed.

ANNOUNCER: Sort of prevents Blue Mondays.

BROWN: If you're subject to Blue Mondays and Gloomy Tuesdays or Superstitious Fridays, maybe you need more riboflavin, (announcer).

ANNOUNCER: I'll get my riboflavin if I feel an attack of gloom coming on.

SMITH: That vitamin also increases your resistance to certain infections.

BROWN: And riboflavin even holds a beauty tip for you, (announcer).

ANNOUNCER: Now you're talking my language.

BROWN: Riboflavin helps keep your hair and skin in good condition.

ANNOUNCER: You mean if I don't get enough riboflavin I might lose my hair?

BROWN: You might....or at least it would lose the nice gloss.

ANNOUNCER: Since I don't want to be pepless, down in the depths, and have hair and skin troulbes, you'd better tell where I get my riboflavin.

SMITH: You already named some of the food sources when you were speaking about advertisements-----from milk, enriched bread and whole grain cereals. But riboflavin is fairly widely distributed in our foods.

BROWN: So if you get a truly good diet...one planned on the Basic Seven Food chart you don't need to worry about your supply.

ANNOUNCER: Why all the present emphasis on riboflavin then?

BROWN: Because as a nation we don't get enough riboflavin in our diets.

SMITH: And it should be easy since there are so many foods that offer riboflavin

ANNOUNCER: Let's clear them all up while we're at it.

BROWN: For one thing...a quart of milk each day for children will go a long way toward the riboflavin quota.

ANNOUNCER: Same amount for adults?

BROWN: Two or better three, glasses daily is a good quota for them.

SMITH: We're stressing milk and milk products because they are such a good source of this vitamin.

BROWN: And, too, milk is one food we use every day.

ANNOUNCER: Well, how about some of the other sources for riboflavin?

BROWN: Variety meats...such as...liver, kidney and heart are the very richest of all foods in riboflavin.

ANNOUNCER: What about other meats?

SMITH: All meat contains some riboflavin, but the variety meats have more. And dark meat is richer in riboflavin than white. Eggs are a good source too.

ANNOUNDER: Looks to me like most of our protein foods...meat and milk and dairy products give us this vitamin.

BROWN: That's a good deduction. Dry or fresh beans and peas...other protein foods...also have Vitamin B2 or riboflavin.

SMITH: And we're not through yet.

ANNOUNCER: Well, you assured me that I had quite a list to choose from.

SMITH: Here's another suggestion. Cereals are fairly good sources. The riboflavin is concentrated mostly in the germ and bran portions of the grain.

ANNOUNCER: Then riboflavin wouldn't be found in highly refined cereals?

BROWN: You're right. But under the enrichment program, bakers are putting back into bread the riboflavin that was removed in the milling process. And many cereal manufacturers are also adding Vitamin B2 to their products.

SMITH: And for a final source, the green leafy vegetables help us too.

BROWN: Also dried brewer'syeast. This by-product from the brewing industry is one of our richest sources of Vitamin B2.

ANNOUNCER: You certainly have lined up a lot of foods with riboflavin.

BROWN: Well you can see if we eat just some of these foods every day along with our milk quota, we won't be troubled by any lack of riboflavin.

ANNOUNCER: Why the stress on every day?

BROWN: Because our body can't store riboflavin in very large amounts. Since there's no reserve supply to fall back on, we should get our riboflavin from some food every day.

ANNOUNCER: By the way is Vitamin B2 one of these vitamins that disappears in cooking water or by exposure to air?

SMITH: Not as easily as Vitamin B1 or Vitamin C. Riboflavin's worst foe is light.

ANNOUNCER: You mean if I leave my bottle of milk out in the sun light, I lose riboflavin.

SMITH: Y es...almost one half of the riboflavin can be lost from the milk if the glass bottle stands in the sunlight for as long as 2 hours.

BROWN: And if your bottle of milk stands out all day, then up to 80 percent of the riboflavin is lost.

ANNOUNCER: I see it's important to get that bottle back into the refrigerator.

BROWN: And if your milk is delivered to you, you should bring it in immediately, or if that isn't possible, a covered box for the bottles may be the answer.

SMITH: Light is such a foe of riboflavin, (announcer) that all scientific tests with it must be made in a darkened laboratory.

BROWN: Now, (announcer) I think it's time to ask you a few questions...just to see what you now know about riboflavin.

ANNOUNCER: Well...I've certainly got a lot of odd facts on it running around in my head.

SMITH: First...what happens if you don't get enough of this vitamin?

ANNOUNCER: Gee...I lose my hair maybe...get downcast---or weak...don't digest my food right.

BROWN: And in what foods do you find this vitamin--riboflavin?

ANNOUNCER: In milk.....

BROWN: Good...milk and milk products are excellent sources.

ANNOUNCER: Oh yes...in variety meats, lean meat, green leafy vegetables..dried beans and peas.

SMITH: Don't forget enriched or whole grain cereals and bread and brewer's yeast.

BROWN: Here's your last question, (announcer).

ANNOUNCER: Make it easy please.

BROWN: Have we helped clear up the meaning of riboflavin for you?

ANNOUNCER: Yes indeed....and thank you Mrs. Brown and Mrs. Smith for telling us about riboflavin. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...presented by Station_____in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

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YOUR NUTRITION COMMITTEE presents

40

Food Makes a Difference

in cooperation with

.....SPINACH AND OTHER GREENS.....

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ ...in cooperation with your (local, county) nutrition committee...presents...FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. We take you now to the grocery store, corner Main and Fifth Streets, Hometown, U.S.A. It's early in the morning, and here's Mrs. Maloney talking to her neighbor Mrs. Allen as they're doing their regular mid-week shopping.

MRS. MALONEY: Look at this spinach, Mrs. Allen. It's so nice and fresh... must have just come in this morning.

MRS. ALLEN: (DISINTERESTEDLY) Yes, I suppose it did.

MRS. MALONEY: I think I'll take two pounds...that should do for our family. You know, Mrs. Allen, spinach is our favorite vegetable now...and I always get it when it's so green and clean and crisp looking.

MRS. ALLEN: That's funny...my husband and my little Bobby don't like it at all. In fact, Bobby won't eat any dark green leafy vegetable. We have such a tussle every time I serve greens, that I've just given it up.

MRS. MALONEY: Really?

MRS. ALLEN: Honestly...just takes too much out of me trying to make him eat greens.

MRS. MALONEY: Do you mean you don't serve any greens at all?

MRS. ALLEN: Well, practically never. I know I should...I try every once in a while...but it's just the same thing all over again.

MRS. MALONEY: That sounds like the trouble I used to have. Spinach wasn't popular in our family either...until I discovered how to wash it and cook it the right way. Now we have spinach that's green and tastes delicious.

MRS. ALLEN: I never seem to get all the dirt out, to begin with. And frankly, Mrs. Maloney, I'm not keen on the way my spinach tastes either.

MRS. MALONEY: Cleaning spinach is easy once you know how. I always wash spinach just before I use it. And I use just as many waters as I need to get my spinach really clean.

MRS. ALLEN: No matter how many times I wash it...I never seem to be able to get it clean. What do you do? Do you let it soak?

MRS. MALONEY: Oh no! You lose vitamins and minerals if you do that. The trick is to lift the spinach out of the water...don't pour the water off the spinach.

MRS. ALLEN: You lift out the spinach...why do you do that?

MRS. MALONEY: It gives the dirt every chance to settle to the bottom of your pan or sink. You see, if you just pour the water off the spinach, some of the grit and sand can get right back on the leaves.

MRS. ALLEN: I see what you mean...and I'll pay more attention to how I wash my spinach. But how on earth do you keep spinach green, Mrs. Maloney? Mine comes out dark...and kind of mushy.

MRS. MALONEY: (REFLECTING) Well, perhaps you cook it too long.

MRS. ALLEN: Maybe...How long do you cook it?

MRS. MALONEY: I'll tell you the whole story. I use as little water as possible, and I have it boiling and salted before I put the spinach in. As a matter of fact, I often don't use any extra water, if enough water clings to the leaves after washing .

MRS. ALLEN: I must remember that.

MRS. MALONEY: Then I put the spinach in the pan...cover it...

MRS. ALLEN: So it'll cook more quickly.

MRS. MALONEY: That's right. Then I cook it until it's barely tender.

MRS. ALLEN: And how do you season it, Mrs. Maloney? Just salt and pepper?

MRS. MALONEY: Mum humm. And some meat drippings or other fat. And you know what's nice with greens?...Chopped parsley or chives. Add them just before serving time.

MRS. ALLEN: That does sound good. It would give a little different flavor to the grens, wouldn't it?

MRS. MALONEY: Indeed it does. But you know, Mrs. Allen, there are other good ways to fix greens.

MRS. ALLEN: Well, I'll certainly be glad to hear all the ways you can think of, because variety really helps.

MRS. MALONEY: I certainly agree with you there. Let's see, you can chop up raw spinach for a salad. Then there's creamed spinach with slices of hard cooked egg to garnish. And wilted spinach.

MRS. ALLEN: You've certainly named enough ways to cook it. I wonder if I could pan fry it.

MRS. MALONEY: You certainly could.

MRS. ALLEN I like to pan fry my cabbage. It's such a quick and easy top-of-stove way. Both Bobby and his father love panned cabbage too.

MRS. MALONEY I bet they do, Mrs. Allen. But turn about is fair play. So why don't you tell me how you pan cabbage. I've never tried it much, but I'm interested. I know it saves food values because the vegetables are cooked and served in their own juices.

MRS. ALLEN: That's right. I melt just enough fat in a heavy flat pan to season the vegetables. That's about two-tablespoons of meat drippings to a quart of vegetables.

MRS. MALONEY: Two tablespoons.....

MRS. ALLEN: Yes,then I add the shredded cabbage. Next, I cover the pan to hold in the steam.

MRS. MALONEY: Then you cook the cabbage slowly until it's tender. I suppose.

MRS. ALLEN: Tender...but not mushy. Can't understand why I never thought of cooking greens this same way.

MRS. MALONY: Do you stir the cabbage to keep it from sticking to the pan?

MRS. ALLEN: Yes, now and then.

MRS. MALONEY: What seasoning do you use?

MRS. ALLEN: Just salt and pepper, as a rule.

MRS. MALONEY: I should think a little chopped onion would add to the flavor.

MRS. ALLEN: Yes, or bits of leftover meat are good seasoners.

MRS. MALONEY: I must try that. I appreciate your tip on panning cabbage.

MRS. ALLEN: And I can't thank you enough for telling me how to cook greens correctly. It all sounds so easy.

MRS. MALONEY: It is.

MRS. ALLEN: I've really been concerned because I haven't been serving greens. Naturally I know they're good for you.

MRS. MALONEY: Yes, they're especially good for Vitamin A and iron, you know.

MRS. ALLEN: Vitamin A is the one they call the "blackout" vitamin, isn't it?

MRS. MALONEY: Because it helps prevent night blindness. That's pretty serious.

MRS. ALLEN: Another thing...my Bobby came home from school the other day, and told me he learned that Vitamin A helps make him grow...and something about keeping the skin in good healthy condition, too.

MRS. MALONEY: He certainly learned his lesson well,...to remember all of that. Vitamin A builds general resistance, too. But gracious, here we've been talking so long....

MRS. ALLEN: Well I'm certainly glad we did. But I guess we had better hurry. I want to fix spinach for Bobby's lunch right away...(FADE) I'd better buy some....

ANNOUNCER: And so, friends, Mrs. Maloney and Mrs. Allen leave the grocery store, each carrying a bag of spinach. That means two more families will have a good quota of Vitamin A with some other vitamins and iron...by including a dark green leafy vegetable in one of today's meals. It's what we eat in the course of the day that counts...a balanced diet, the nutritionists call it. The War Food Administration's Basic Seven Food Guide helps you choose food that will make up this well-rounded diet. Foods within the same group sort of take the place of each other. Spinach for instance, a Group One Vegetable, can be replaced another day by some other kind of greens or by a yellow vegetable...all high in Vitamin A value. In planning your three meals every day, try to use at least one serving of some food from each of the seven groups. If you would like a copy of the National Wartime Nutrition Guide which lists the Basic Seven, just write to the Office of Information, War Food Administration, Washington, 25,D.C. That's the National Wartime Nutrition Guide from the

ANNOUNCER: continued

Office of Information, War Food Administration, Washington, 25, D.C. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your (local, county) nutrition committee. Today, _____ played Mrs. Maloney, and _____ was Mrs. Allen.

MUSIC:

THEME TO END.

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Food Makes a Difference

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in cooperation with

STATE AND NATIONAL NUTRITION PROGRAM

"THE SWEET SITUATION"

ANNOUNCER: We bring you now....FOOD MAKES A DIFFERENCE!

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____...in cooperation with your (local, county) nutrition committee...presents...FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. And here's Mrs._____(member of nutrition committee, home econimics teacher, or food consultant). She has some news on sugar and sugar alternates. Right, Mrs._____?

MEMBER: Yes, (announcer). With the accent on the "alternates"... since we have to figure out ways of stretching our sugar these days.

ANNOUNCER: Does that letter in your hand have a bearing on the sugar story? You look ready to read us something.

MEMBER: This letter came to me from a friend who was visiting in Louisiana some months ago.

ANNOUNCER: I catch on...Louisiana means sugar cane...

MEMBER: There's a lot of it grown there, (announcer). But I really brought this letter along bedause my friend wrote about sorghum.

ANNOUNCER: Oh...well, sorghum's related to sugar cane. So I suppose you're gradually leading me to the fact that sorghum can be used as an alternate for sugar.

MEMBER: That's the idea.

ANNOUNCER: But sorghum is used chiefly in the South, isn't it?

MEMBER: Yes...and a lot of folks in the Middle West know it's value too. My friend wrote from Louisiana that many families in the South raise their own sorghum crop. They even take their sorghum to a local mill and help make the family supply of sorghum syrup.

ANNOUNCER: That's certainly something...making your own syrup.

MEMBER: Do you want to hear about the mill my friend visited in Louisiana?

ANNOUNCER: Certainly.

MEMBER: Well, it was the only one in a small community, and she visited it with a family who went to make their sorghum sirup. She watched them help the miller feed the long smooth stalks of sorghum through the grinder...really two big rollers.

ANNOUNCER: Just the stalks? What about the sorghum leaves?

MEMBER: The leaves are stripped off the sorghum before the stalks are cut in the field.

ANNOUNCER What kind of power did they use to turn the grinder?

MEMBER: At this particular mill, a very capable looking mule was hitched to a long pole that was attached to the grinder.

ANNOUNCER: And I suppose that mule walked round and round the mill and the rollers turned.

MEMBER: Sounds like you must have read my friend's letter because that's just what the mule did.

ANNOUNCER: And the rollers crushed out the juice?

MEMBER: Yes..the sorghum juice which is pale green in color, ran off into a container.

ANNOUNCER: Pale green...but sorghum is dark brown.

MEMBER: After its boiled. That juice when it came from the grinder was carried over to a long shallow vat near the mill and boiled.

ANNOUNCER: Does the vat look like a big kettle?

MEMBER: No! More like a drinking trough, with many partitions. There is fire under the whole vat. And the juice is ladled from one partition to the next as the sirup thickens.

ANNOUNCER: I see...in each space the sirup is boiled for a certain time until its ready for the next section.

MEMBER: Yes...all along the vat the sirup is bubbling and getting thicker and at the end of the vat is comes out rich brown and thick.

ANNOUNCER: And then each family collects its sirup and has a supply for use all through the year.

MEMBER: That's right. The sorghum is put in gallon tins and kept sealed until the family is ready to use it.

ANNOUNCER: Molasses is very similar to sorghum isn't it?

MEMBER: Lots of people think so. Only molasses comes from sugar cane and is usually a little thinner and lighter in color. And it's sweeter than sorghum

ANNOUNCER: But these two sirups can be used for the same purpose can't they?

MEMBER: Yes...in ginger cookies and gingerbread. And they're fine for baked beans, candied sweetpotatoes or bread puddings,..or in popcorn balls.

ANNOUNCER: I certainly go for molasses cookies and gingerbread.

MEMBER: And when you do you're saving sugar. Of course molasses and sorghum are less concentrated than maple sugar or honey...or sugar itself.

ANNOUNCER: That's all right...just so long as they satisfy my sweet tooth.

MEMBER: And molasses and sorghum are especially good sweets to work into our meals because they supply iron which is needed by the blood.

ANNOUNCER: I guess we can also satisfy our craving for sweets by using honey and maple sirup.

MEMBER: Two very important sweets. And then there are sirups that are a blend of corn and cane.

ANNOUNCER: And what about the food valueof these sweetners?

MEMBER: They too are energy foods. They're farther down the line than molasses in mineral content. But honey has some of the B vitamins.

ANNOUNCER: But can we use all of these sugar alternates exactly the way we use sugar? I mean for sweetening fruits or cereals....on pancakes and waffles...or in beverages?

MEMBER: Yes...there's many a time when honey, a sirup or molasses can be used as all or part of the sweet stuff. The different sweets have pleasing differences in flavor, and they vary in sugar content and consistency-----

ANNOUNCER: I see...and I imagine there are problems in cooking with these sirups.

MEMBER: No troublesome problems if you just remember that since sirups contain water you have to make some changes in your recipes for baked products.

ANNOUNCER: Well I'd hate to figure out the differences. Simplest thing would be just to get a recipe that actually called for honey or molasses or another of these sugar replacers...that way the differences would be all figured out for me.

MEMBER: You're right, but the rules for changing over aren't too difficult.

ANNOUNCER: All right...how about a few tips when I substitute hone for sugar.

MEMBER: Just use cup for cup. But then use only one-half the quantity of liquid....like milk....that the recipe calls for.

ANNOUNCER: I see because of the water content in honey.

MEMBER: And it's wise to keep the oven moderate since mixtures made with honey brown very easily. And high temperature can change the flavor of honey.

ANNOUNCER: Well, can sorghum or molasses replace sugar in a recipe measure for measure?

MEMBER: They certainly can. But here also you must reduce the liquid. This time only a third though.

ANNOUNCER: How about the other ingredients...do they stay the same?

MEMBER: There is a change in the amount of baking powder. Use a half teaspoon of soda for every cup of molasses or sorghum. This combination has a leavening power that's equal to two teaspoons of baking powder.

ANNOUNCER: You know, Mrs._____, we've talked a bit about sugar alternates. But I have some suggestions on actually saving sugar itself.

MEMBER: Go right ahead, (announcer) we're out to save sugar here.

ANNOUNCER: Well, I always give my coffee an extra stir to be sure the sugar in the cup is dissolved.

MEMBER: That's a very good point.....being sure the sugar we use in beverages and other food is completely dissolved

ANNOUNCER: And in our house we save the sirup from canned fruit to sweeten other fruit.

MEMBER: Good. Fruit sirup can also be used in sauces for puddings or in beverages.

ANNOUNCER: And I think too if you serve cooked foods hot you enjoy their fullest flavor and sweetness.

MEMBER: You're certainly helping me here, (announcer). And did you know that a pinch of salt develops flavor and makes food seem sweeter?

ANNOUNCER: Another score for you. You know while we're stretching our supply of sugar at home we're assuring our armed forces of all they need.

MEMBER: And we're still pretty lucky too, (announcer). We're getting more sweets than any other country at war.

ANNOUNCER: Well thank you Mrs._____for your pointers on how to make the most ofthe sugar we have. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE.... presented by Station_____in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

in cooperation with

.....SOUPS THE WORLD AROUND.....

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee presents...FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today our subject is soup. When I learned that Mrs. _____ and Mrs. _____, members of our _____Nutrition Committee were going to talk about soup I couldn't imagine why there'd be any discussion about this subject. To me, soup is soup!

1st MEMBER: Why, (Announcer), what do you mean, soup is soup?

ANNOUNCER: Well, it's just a lot of vegetables cooked together in a kettle. I remember my mother used to cut up several leftover vegetables, season them with some kind of meat, and serve us huge bowls of steaming hot soup for supper. There's nothing to making soup.

1st MEMBER: That's where you're wrong. And there are thousands of people who have the same mistaken idea as you have. The trouble is that you forget that there are many kinds of soup. Isn't that right_____?

2nd MEMBER: It surely is. When the word soup is mentioned, too many people think only of one kind they've known and forget that there are many other kinds.

ANNOUNCER: Okay. I stand corrected.

2nd MEMBER: Let's prove to (announcer) that soups are eaten in hundreds of different forms all over the world.

ANNOUNCER: Okay, I'll hop on my magic carpet and go anywhere you say.

1st MEMBER: Let me get out my globe and see where to make the first stop.

2nd MEMBER: I'm from the school of thought that you should see America first so let's start in the good old U.S.A.

1st MEMBER: Let's begin in New England. Our Pilgrim forefarthers who landed on the rocky New England shores left us some good ideas about soup. Don't tell me that you've missed having good old New England clam chowder!

2nd MEMBER: You know, those chowders aren't always made of clams. I've eaten some delicious bowls of chowder made from haddock, cod, and other fish. In fact, lobsters are sometimes used, although they're usually considered a favorite entree.

ANNOUNCER: Well ladies, I've eaten clam chowder. I guess I never considered it as a soup. By the way, what other ingredients go into fish chowder?

2nd MEMBER: I think homemakers throughout the country vary the original recipe according to their particular likes and dislikes. So let's slow down our carpet and see what one New England Homemaker uses in her chowder...Her fish chowder is sort of a one dish dinner. In addition to the fish, she includes potatoes, usually some onions, and milk in the chowder....The family may have this as the main dish for dinner and then save the meat supply for another meal.

1st MEMBER: Shall we travel down the coast and see some other kinds of soup?

2nd MEMBER: All right. Let's take a peek at the nation's capitol and see what kind of soup they're eating.

ANNOUNCER: That looks like bean soup that the waiter is serving in the House of Representatives. Are my eyes deceiving me?

1st MEMBER: Indeed not. The chef there has been making it for years. In fact, it's one of the favorite dishes of the Congressmen.

2nd MEMBER: Sometimes there are as many as 20 gallons of bean soup made and eaten in this one dining room during the day.

ANNOUNCER: I never realized that bean soup was so popular. Say, we're down to the Mason and Dixon Line now. I bet they have some interesting kinds of soup below here.

1st MEMBER: They surely do. Let's stop our magic carpet for a while in Virginia, so I can show you a really good kind of soup. The people in this part of the country call it Brunswick stew.

ANNOUNCER: That's really a new one on me. I've eaten clam chowder and -also navy bean soup but I never even heard of this Brunswick stew. Why do you mention it in a discussion of soup?

2nd MEMBER: Because it's a thick soup. Sort of half way between soup and stew. Why don't you look closely andsee what that Southern homemaker is putting in it?

ANNOUNCER: Why it's chicken. She's making it of chicken, canned tomatoes, corn, and lima beans. Say, that looks wonderful. I'd like to stop here and sample the stew when it's done.

2nd MEMBER: Afraid we don't have time for any sampling if we're going to show you soups around the world.

1st MEMBER: Our next stop is New Orleans.

ANNOUNCER: That should be interesting. Even I've heard about those famous French dishes.

1st MEMBER: As you're interested in French food, let's make our next imaginary stop in this quaint French restaurant. I bet they have the kind of food that melts in your mouth.

ANNOUNCER: Judging by the menu, a favorite food seems to be Gumbo soup.

1st MEMBER: Yes, and Gumbo soups of New Orleans are famous for their use of "file" to give smoothness. Okra is another popular soup ingredient in the "Deep South". Okra gives body or thickness to the soup without the use of flour or cornstarch.

ANNOUNCER: Say, that vegetable soup really gets around doesn't it?

2nd MEMBER: Hop on that flying carpet and let's go out to the West Coast. I'll show you some other variations of good old-fashioned vegetable soup.

1st MEMBER: How about detouring by this large chain store in San Francisco

ANNOUNCER: What's that woman buying? It looks like a package of beans but I've never seen any like that.

2nd MEMBER: I'm glad you noticed those beans because they're popular in soups around this part of the country. They're known as garbanzos beans and grown principally in Mexico and California.

1st MEMBER: The chances are that the homemaker who's buying them is planning to use them in a form of vegetable soup. She will probably add several of her favorite vegetables to the soup kettle after the garbanzos beans are nearly done.

2nd MEMBER: Say, this town is our port of embarkation. Remember, we told you that we're going to take you on an imaginary trip around the world to show you some of the many kinds of soup?

ANNOUNCER: Where are we headed for now?

2nd MEMBER: Right now we're going in the back door of Russia.

ANNOUNCER: Oh, I bet I know what kind of soup we'll find here. Isn't it called Borscht?

1st MEMBER: You guessed right that time. See that Russian school boy? If you asked him what his favorite soup is, he'd be sure to say borscht. That's one of his mother's specialties.

2nd MEMBER: She has always made it of cooked beets, cut very fine and added to beef broth along with chopped cooked cabbage, onions, and maybe another vegetable and some herbs. Then she serves it with some sour cream. A Number of American homemakers have discovered that this combination makes a good sturdy soup so they've started serving it to their families, too.

1st MEMBER: How about moving on to another country?

ANNOUNCER: I would imagine that the Scandinavian countries have some interesting soups.

1st MEMBER: They have several soups that we Americans might copy. For instance, in Norway, fruit soups are popular. Then over in Denmark they like potato soup and yellow split pea soup. Also they use barley similar to the way homemakers in America use rice in soups.

2nd MEMBER: And in the Netherlands they like to add both barley and rice to their soups. In Belgium, carrots, spinach, green beans, cabbage and Brussels sprouts all find their way into the soup pot.

ANNOUNCER: We're almost down to France, aren't we?

1st MEMBER: And there we find the world famous onion soup. In fact, soups in general are so well liked in France that it has been said that soup is the basis of the French national diet.

2nd MEMBER: Just across the French border...in Italy...a substantial soup is preferred. You know, a nice thick soup filled with lots of things...depending on the availability of the foods and individual preferences.

ANNOUNCER: You two ladies don't have to take me any farther on your magic carpet. I'm thoroughly convinced that there's just an endless number of kinds of soups. What do you say that we go home?

1st MEMBER: I'm glad that you realize that, but I bet you still don't know any of the tricks that homemakers use to make soups more attractive looking as well as making them better tasting.

2nd MEMBER: As a color accent, many homemakers top a bowl of soup with chopped chives, the green tips of sprouted onions.

1st MEMBER: Or grated carrots.

2nd MEMBER: Or even a dash of paprika.

1st MEMBER: Toasted bread crumbs, crisp cereals, pop corn, or chopped nuts give a crunchy accent to soups.

2nd MEMBER: I think most homemakers use their own originality and top soups with any appropriate food that's available.

1st MEMBER: The same thing applies to the main ingredients of a soup. You know, soups are budget savers and flavor savers. Almost every scrap of good food can be used in the soup pot...as outer leaves of cabbage, le ttuce, or other green.

2nd MEMBER: Also, bits of leftover meat can be used to season soups. And the water in which vegetables are cooked should be saved for soup making.

ANNOUNCER: That's enough! I'm thoroughly sold on soups. I'm surely surprised that they're so versatile. I had no idea that soups played such an important part in our daily meals. Thanks a lot Mrs. _____ and Mrs. _____ for the informative discussion. You really opened my eyes about what's cooking in the soup pots all over the world. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE.....presented by Station____in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END

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U. S. DEPARTMENT OF AGRICULTURE

YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

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in cooperation with

.....SAVING KITCHEN FATS.....

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE!

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today we're going to visit an average American kitchen and hear a discussion about saving kitchen fats. In this particular kitchen we find a mother and her two daughters...Jane, who's an Army nurse home on furlough, and Susie who belongs to the jitterbug crowd. The three of them are preparing a big family dinner. Right now Mother is getting the ingredients out for a batch of her special muffins...

MOTHER: Let's see...flour, eggs, sugar, milk, baking powder. Jane will you hand me the jar of shortening. It's on the top shelf of the cupboard.

JANE: Mother, I can't find it up here. By the way, Susie, didn't I see you using the shortening jar yesterday!

SUSIE: Oh, I forgot to tell you, Mother, but I used every drop of the shortening when I made those cookies for the boys.

MOTHER: Susie, how could you do that to me? I can't understand what happened to that whole jar. Why, it was only last week that I bought the largest size that was in the s tore. There must be some of it left.

SUSIE: You know how we've used it! In biscuits, spice cake for dessert, my cookies and then you used some of it to fry the eggs.

MOTHER: Yes, I guess we've used that jar of fat for a lot of different things...

JANE: Looks like you'll have to use something besides vegetable shortening for your muffins.

MOTHER: And just what would you suggest that I use?

JANE: Some of the drippings from the meat you cook.

MOTHER: Use meat drippings in my muffins? Now Jane, you know that my muffins are one of your father's favorite foods. I wouldn't change them for anything...especially make them of salvaged fats.

SUSIE: Jane, you convince her. I tried to tell her about using meat drippings, but it didn't seem to sink in.

JANE: By the way, Susie, when did you start taking an interest in cooking? The last time I was home, you didn't even know the meaning of salvaged fat...and didn't care to learn.

MOTHER: Oh, she's taking a course in home economics in school, and comes home with some fancy ideas about cooking.

SUSIE: Jane, they aren't fancy ideas. Our teacher is showing us lots of modern cooking methods and new ideas. It just happens that some of them are a bit different from the way mother has been cooking all her life.

JANE: I think your teacher must be doing a good job. I'm glad she's telling you to save used fats because there are lots of good ways to use them again.

SUSIE: I'm surely glad you agree with me.

JANE: I was invited out to a friend's house for dinner last week and had the most wonderful biscuits. I commented that they had a good flavor, so my fried said that she had used bacon fat in them...

SUSIE: How could she cut the fat into the flour if it was in ... liquid form?

JANE: But it wasn't liquid. She had put it in a cool place and let it solidify before she started to make the biscuits.

MOTHER: I guess we could save red ration points if we used kitchen fats over again!

JANE: Yes and you can earn points, too. You know, fat is an important item in wartime. And every pound of used fat turned in to the butcher brings you two red ration points.

MOTHER: I've often wondered how important the kitchen fat I save is in the war program.

JANE: Plenty. Every jar of fat that you don't buy makes another jar in the total supply of fat in the United States.

SUSIE: In my home economics class, we save all the fat we don't need and then turn it in to the butcher.

JANE: That's what they do in the Army, too. When the mess sergeant doesn't need the used kitchen fat for his cooking, he saves it in large cans so it can be turned in.

SUSIE: That's a good example for us to follow, Mother.

MOTHER: I see what you mean. Use salvaged fats in cooking and turn what you can't use in to the butcher.

JANE: The next time you open a can of fruit, vegetables, or fruit juice, just save the can. Every time you have a drop of fat you don't need, get out the salvage can. If you keep the salvage can in a convenient place in the kitchen, the job of saving fats is made easier.

SUSIE: And Mother, you know that we can salvage fat in several different ways. I think we have more kitchen fat from frying and baking meat than any other way...but...

MOTHER: How else could we get some fat?

SUSIE: Well, the other day in cooking class we had to simmer a less-tender cut of meat in a bit of water. When we took the meat out of the pan the teacher had us leave the water in the pan. We put it over by the window and let it cool. Then after it had cooled, there was a layer of solid fat on the top.

MOTHER: And you added that to your salvage fat?

SUSIE: That's right.

JANE: If you remember to save used fat in every way, it wouldn't be long before your salvage can was filled. And then you collect two red ration points when you turn it in to your butcher.

SUSIE: Jane, one of the girls in my class said that these fats were used to make ammunition. Is that true?

JANE: As I told you before, this fat goes into the nation's fat barrel. Fat is one of the necessary products in the manufacture of explosives and other vital war products; so our industries draw from the national supply.

MOTHER: What are some of the other uses, Jane?

JANE: Well, I know salvaged kitchen fats go into lots of medicines we need at the hospital where I'm stationed.

SUSIE: What on earth would there be around a hospital made of fat?

JANE: You'd be surprised! For one thing fat is needed in the manufacture of insulin.

MOTHER: Isn't that what diabetic patients need so badly?

JANE: Yes. Insulin's also used in the treatment of shock. Opiates to ease pain require fat, too...to say nothing of the sulfa ointments we use to treat wounds and abraisions.

SUSIE: All those things take a lot of fat, don't they?

JANE: They surely do. Used fats are also needed in the manufacture of military and civilian soaps, in textiles, and printing ink and synthetic rubber...hundreds of products.

MOTHER: I never realized that used fat was so important.

JANE: And no matter how dark or old the fat may be it still can be used for these industrial purposes.

ANNOUNCER: That's right, Jane. Since kitchen fat is needed in hundreds of different ways, it's up to homemakers to turn salvaged fat in to their butchers. And this salvage job must continue until the war in the Pacific ends. So be sure to use all the drippings that you need in your cooking, but turn in all the excess so it can be used in the manufacture of vital war products. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE. Station _____ presents this program in connection with your (local, county) Nutrition Committee.

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MUSIC: THEME TO END.

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

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in cooperation with STATE AND NATIONAL NUTRITION PROGRAM

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U. S. DEPARTMENT OF AGRICULTURE

"WARTIME MEAL COMBINATIONS"

ANNOUNCER: We bring you now....FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____...in cooperation with your (local, county) nutrition committee...presents...FOOD MAKES A DIFFERENCE...a weekly feature on food to help you feed your family wisely and well. Today let's chat about a subject that's very dear to a man's heart. Or maybe I should say, "let's chat about a subject that's very dear to a man's stomach. Let's talk about food that tastes good. Oh, now, don't misunderstand me. I want nutritious food. I'm all for nutritious food. But sometimes we seem to forget that nutritious food can make your "wouth motter ...I mean your "wouth water"...I...

GREMLIN: Heh , heh, heh!

ANNOUNCER: Who was that? Who's laughing at me? All I'm trying to say is that food can be appetizing...food can make you "chick you lops"...

BOTH GREMLINS: (ONE WITH A HIGH SHRILL LAUGH...ONE WITH A BASS LAUGH) Haw, Haw, haw... we've done it again.

ANNOUNCER: (puzzled) I say, who in the world...(EXCITED) Well, for Pete's sake, will you look at that....

GREMLIN: Grem, I'm tired...come on, let's beat it...

ANNOUNCER: So-o-o, your name's Grem, huh? Short for Gremlin, I suppose. (SAVAGELY) Why you little pests...you...you...Make me "tongue my twist" will ya, you little....

GREM: Ha, ha! Did you hear that, Gus? "Tongue my twist". Ha, ha!

GUS: Come on, Grem, cheese it before the old geezer sees us.

ANNOUNCER: I've already seen ya, you pin-sized scoundrels. I've seen ya, and when I lay ma hands on you...PAUSE...Now, where did they go? (IN A WHISPER) Oh, there they go, just sneaking into my desk drawer Well, we'll just peep in on you, Mister Gremlins...FADE.

GUS: Whew! I'm outta breath, Grem.

GREM: Serves you right, Gus. Why did ya want to hurry. I was having fun heckling that old boy.

GUS: Well, if you had worked as hard as I have today...You know what I did, Grem? I made that little bride down the street spill a whole box of pepper in her soup. I just tickled her elbow...

GREM: Elementary, my dear Gus, elementary...

GUS: Yeah? Well, listen to this. I made her cook her carrots all to mush... all to mush...and you know how I did it, Grem? I rang the doorbell, see? Then I rang the phone see? And then I rang the doorbell, see?

GREM: Yeah, I see. And I still say, "elementary..." No finesse.

GUS: Oh, you and your finesse. I suppose you worked miracles today...

GREM: Well, in a way...yes. You know that blond who lives across the hall from the bride?

GUS: Do I know that blond...do I know that blond...

GREM: Well, she's having company tonight. And what a dinner they're to get. What a dinner...Heh, heh!

GUS: What did you do, Grem? Turn up the flame and burn the potatoes?

GREM: Naw.

GUS: Did you switch the salt and sugar?

GREM: Naw. The trouble with you, Gus is that you ain't got no imagination. You ain't subtle.

GUS: (SULKILY) All right, if you don't want to tell me....

GREM: But I do want to tell you, if you'll wait a minute. You see, Gus, when I start to mess up a meal, I don't wait until the housewife begins to cook, I get up early and go to work when she's planning the meal.Get it?

GUS: No. What can you do when she's planning a meal?

GREM: Plenty, my boy, plenty. Now, take the blond...

GUS: That would be a pleasure.

GREM: I mean...take what I did today as an example.

GUS: Well, what DID you do?

GREM: Well, it was like this. The blond is planning her meal, see? She sits down at her desk and writes on a piece of paper, "creamed codfish..."

GUS: Creamed Codfish.

GREM: Yeah, creamed codfish. That's what she's going to serve for dinner, see? So quick like a bunny, I write underneath the "creamed codfish", the words, "mashed potatoes".

GUS: Creamed codfish and mashed potatoes. I don't get it.

GREM: All right, wait a minute, can't ya? So then the blond starts thinking out loud (IN A FALSETTO) "Let's see now, I've got to have a vegetable. Maybe I'd better look at my chart. Where did I put my chart?"

GUS: What chart?

GREM: Oh, Gus, don't you know nothin'. That's the trouble with you...no education. The blond was talking about her Basic Seven Food Chart.

GUS: Why didn't you say so? I know the Basic Seven Chart. That chart's caused me a lot of trouble. These days, all a housewife has to do is to serve one food from each group on the chart.

GREM: Yeah, I know. Now, where was I? Gus, you're always interrupting...

GUS: The blond was looking for her Basic Seven Chart.

GREM: Oh, yes, Well, the blond was looking for her Basic Seven Chart, see? But I had hid it amongst her old letters and things...so...

GUS: So...she couldn't find it....

GREM: That's right. Well, then, quick like a flash...you gotta be quick, Gus...Quick like a flash I jump into her ear and whisper...so soft she thinks it's her own thoughts...I whisper, "mashed turnips".

GUS: Mashed turnips and creamed codfish and mashed potatoes, I still don't get it.

GREM: If you'll just wait until I get through, Gus. Well, then the blond begins to think about dessert..."I suppose", she says, "I suppose I ought to have something with milk", she says. And right then, Gus, I moved faster than I've ever moved in my life. I flew to the door... rang the bell...

GUS: (MUMBLING) Elementary...

GREM: What did you say, Gus?

GUS: Nothing...

GREM: I flew to the door,..rang the bell...flew back...and turned the pages of her cook book to a recipe for baked custard....

GUS: Baked custard, huh?

GREM: Yeah, baked custard. So when she comes back, her glance falls on the words, "Baked Custard", and she writes, "baked custard", on her menu.

GUS: Grem?

GREM: Yeah?

GUS: I...I still don't get it.

GREM: (WEARILY) Oh, Gus, you're a dope...Stop and think, my boy. Stop and think. How would you like a dinner of creamed codfish, mashed potatoes mashed turnips, and custard?

GREM: (GROAN)

GUS: Ugh! Mush, huh, Creamy, boy? Mush.

GREM: That's right, Gus. Mush. All of it soft. Nothing you can chew on. And that's not all?

GUS: No? What else, Grem?

GREM: No color. A meal like that would be all white. White codfish, white potatoes, white turnips, and custard is almost white.

GUS: Gee, Grem, you're a master. And do you know something else, Grem? A meal like that wouldn't have much variety of flavor, would it?

GREM: No, sir. A meal like that wouldn't have much variety of flavor.

GUS: Gosh, Grem, you're wonderful. And then did you stick around while she cooked the meal?

GREM: Naw.

GUS: But, Grem, you should have...

GREM: Why should I stick around while she cooks the meal? I have other things to do. I had to go over to the newspaper office and mix up a bunch of words. And then there're those cadet fliers I've been neglecting lately.....

GUS: But Grem, suppose the blond.....

GREM: Yeah?

GUS: Suppose the blond changed her mind...Suppose she made codfish balls with a crisp, crunch crust...Suppose she creamed the potatoes and added chopped parsley. And suppose she couldn't get any turnips and served carrots. Then suppose she fixed a bowl of nice crisp salad greens. And when she dished up the custard, suppose she put a dab of tart jelly on top...and took some crisp cookies out of her cookie jar?

ANNOUNCER: Crusty codfish balls...creamed potatoes, buttered carrot strips, a crisp green salad...custard with tart jelly and cookies.

GUS: Huh, Grem. whadda ya say? Suppose she did serve all those good things. They'd be nutritious too, you know...

GREM: (POMPOUSLY) Gus, the trouble with you is that you worry too much. PAUSE Now, where do you suppose that announcer went, I'd like to heckle him some more.

ANNOUNCER: Oh, so you'd like to heckle me, would you, you rascal? Well, let me tell you, you pipsqueek trouble-maker, you've done me a good turn today. You've told me just what makes a meal appetizing. You've told me that a meal must be...not only nutritious and well cooked...A meal should have taste-appeal and eye-appeal. A truly appetizing meal has variety of texture...variety of color...variety of flavor, and, yes. (I mean it)...a variety of food values too!

GREM: Come on, Gus, let's scram.....

ANNOUNCER: (LAUGHING) Yes, folks, when you're planning meals, first follow the rules of the Basic Seven Chart...to be sure you have the right foods for good nutrition. Then plan for variety of texture, variety of color, variety of flavor with this type of menu planning you'll take care of good nutrition in your meals. And if you add good cooking and attractive serving to that list, the gremlins are certain to scram. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...presented by Station_____...in cooperation with your(local, county) nutrition committee.

MUSIC: Theme to the end.

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

Cap 3

"C-FOOD" (VITAMIN C)

in cooperation with

STATE AND NATIONAL NUTRITION PROGRAM

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: STATION _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today, the Nutrition Committee has sent us Mrs. _____, one of its members, to tell us about ...C-food that's never seen the sea. Mrs. _____, will you please satisfy my curiosity? Will you please tell me what is C-food that's never seen the sea?

GUEST: Can't you guess, (announcer)?

ANNOUNCER: No, ma'am, I confess I'm stumped. (THOUGHTFULLY) C-food that's never seen the sea. Sounds like the sixty-four dollar question to me.

GUEST: Well, I'll tell you, (announcer), I made up that name to arouse your curiosity. C-food is just a pun on seafood.

ANNOUNCER: (DRYLY) Oh, I see! (MUMBLING) C-food is just a pun on seafood. Hmmm.....

GUEST: (LAUGHING) I'll give you a clue. C-food is spelt...capital C... hyphen... f-o-o-d.

ANNOUNCER: (MUMBLING) Capital C...hyphen...food. Oh! Of course. Now I get it. You're going to talk about foods that have lots of Vitamin C. (FLATLY) Hmmmm....Vitamin C...

GUEST: Yes, (announcer)...I'm going to talk about Vitamin C, and please show a little more enthusiasm.

ANNOUNCER: Well, Mrs. _____, I don't mean to be rude. Vitamin C is a fine topic, I'm sure, but...well...everybody knows about Vitamin C.

GUEST: Oh, no, sir...no, indeed. I wish you were right. I wish everybody did know about Vitamin C. But...well...let me tell you about a conversation I had yesterday. You know Kitty Brown, of course.

ANNOUNCER: Of course, I know Kitty Brown. Kitty's a fine woman. And say, have you seen her new grandson?

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GUEST: I was just about to mention her new grandson. You see, yesterday I was walking along the street when who should be coming toward me but Kitty, pushing the baby carriage. She said (FADE).....

KITTY: Good morning, (first name of guest), a fine day, isn't it?

GUEST: Good morning, Kitty. It certainly is a fine day. It's almost as fine as that new grandson of yours. May I have a peek at him?

KITTY: Sure, you can look at the little fellow. He's a fine boy if I do say so myself.

PAUSE:

GUEST: Oh, yes,..Kitty...he's a little darling...and so rosy. Just like a cherub.

KITTY: He's healthy, all right enough...takes after my family...and a good thing for him too.

GUEST: Why, what do you mean, Kitty?

KITTY: Just what I say, _____. It's a good thing for this young-un that he comes of healthy stock...what with all the mollycoddlin' he gets.

GUEST: Who mollycoddles him,Kitty? You?

KITTY: Hmmmp ! I should say not. It's his mother who pampers him. Codliver oil in the morning...orange juice in the afternoon. Why when I was a child we got one orange a year...one orange we got in our Christmas stocking. And we thrived all right.

GUEST: Did your mother have a big family, Kitty?

KITTY: (PROUDLY) Ten young-uns.

GUEST: Ten! And I suppose they're scattered all over the world now.

KITTY: We-ell...not exactly. You see, only four of us really grew up. Then when my sister, Mina, was twenty-five she got some sort of queer disease...her blood vessles broke. And right after Mina died, my brother, John, died at sea. Scurvy was what he had the sea captain told us. (BRIGHTLY) But we were all healthy young-uns as I recollect.

GUEST: But, Kitty....

KITTY: Yes...

GUEST: Don't you suppore your brothers and sisters might have lived if they'd had a little..well...a little mollycoddlin'?

KITTY: Codliver oil, I suppose you mean...and orange juice...and strained spinach and strained apricots...

GUEST: That's what I mean, Kitty.

KITTY: Rubbish! I know you and my daughter-in-law and a lot of other people believe in all this nutrition business. But not me...I've been eatin' what I want all my life, and I'm strong as an ox.

GUEST: But Kitty, we can prove that the right food makes a difference.

KITTY: Well, maybe you can but I've no time to listen today. Soon as I take the baby back home, I'm trottin' right over to the dentist. It's the funniest thing...a couple of my teeth are loose. Second childhood, I guess,...(FADE)

ANNOUNCER: Poor Kitty. I can see she does need converting. You know, those loose teeth.

GUEST: Yes, (announcer) those losse teeth. Loose teeth may be a sign of VitaminC deficiency.

ANNOUNCER: So I've heard. And there are other signs, too, I reckon.

GUEST: A long list of signs (announcer). An extreme shortage of Vitamin C in the body brings on scurvy. But there are danger signals in early stages of Vitamin C deficiency...loss of weight...paleness...general weakness...shortness of breath...spongy or bleeding gums...the tendency to bruise easily.

ANNOUNCER: Good heavens!

GUEST: And that's not all. One of the most striking features of Vitamin C deficiency is the breaking of small blood vessels.

ANNOUNCER: Looks to me like our old friend, Vitamin C, has a big job to do.

GUEST: A big job is right (announcer). But, of course, Vitamin C can do it's work only when we get enough of it. In the summertime when we eat lots of raw fruits and vegetables, we're less likely to fall short of Vitamin C. But wintertimes...

ANNOUNCER: Wintertimes we need plenty of citrus fruits. Am I right, Mrs. _____?

GUEST: You're right (announcer). Wintertimes we need plenty of oranges, grapefruit, tangerines, lemons, or limes whenever we can get them.

ANNOUNCER: You know what I like, Mrs. _____? I like canned tomatoes. Can I get my Vitamin C from canned tomatoes?

GUEST: To be sure, but you must have generous helpings. Then there's raw cabbage. Do you like cole slaw?

ANNOUNCER: Yes, ma'am.

GUEST: Well, raw cabbage is a good source of Vitamin C. And you can pick up quite a lot of Vitamin C from the green leafy vegetables...especially the salad greens we eat.

ANNOUNCER: Spinach? You know, what I had the other day and I liked it, too,... spinach salad, raw of course, with sliced hard cooked eggs, and thousand island dressing.

GUEST: A fine idea for spinach'. And remember cooked greens of all kinds, too, not over-cooked if you want the most of their Vitamin C value.

ANNOUNCER: Do you know, Mrs. _____, whenever I think of vitamins I remember cartoons I've seen...cartoons of Vitamin C taking wings and flying away. Vitamin C's a flighty little rascal, isn't it?

GUEST: Well, I'd say Vitamin Cis both elusive and fragile. Poor thing, it gets exposed to all sorts of dangers that help drive it away or destroy it.

ANNOUNCER: Exposure to air destroys Vitamin C I know.

GUEST: Yes, Vitamin C disappears rapidly when it's exposed to air. Also heat helps to destroy the vitamins, and then C is one of the Vitamins that dissolves in water.

ANNOUNCER: So we need to be careful. We shouldn't let cut salad greens or shredded cabbage stand around in the air. And when we're cooking greens, I suppose we should cook them in very little water and only long enough to make them tender.

GUEST: Right-o, (announcer). And foods like tomatoes and citrus fruits hold on to their Vitamin C pretty well. But to get the most from oranges and grapefruit you serve them sliced or in sections. The flesh of the fruit is a rich source of Vitamin C and the thin tissue that wraps each section contains some of this vitamin.

ANNOUNCER: Well, I'll be doggoned. You learn something every day.

GUEST: And did you know that it's better to use a plastic knife instead of a metal knife when you cut up oranges or cabbage or any of the Vitamin C foods?

ANNOUNCER: Well...well... that's getting it down to a fine point, isn't it?

GUEST: Oh, (announcer) what a pun?

ANNOUNCER: Seriously, Mrs. _____, how can you tell when you've eaten enough Vitamin C food to get your daily requirement?

GUEST: Well, roughly speaking, you can get your daily requirement from one medium orange or a half grapefruit...

ANNOUNCER: And what about good ole tomatoes?

GUEST: They're good, but not as rich in Vitamin C as citrus fruit. Two medium tomatoes or a cup and a half of tomato juice, will just about fill the day's needs. A good heaping cupful of raw cabbage cut just before serving will also sign off quite a bit of your daily C requirement.

ANNOUNCER: Maybe I'd just betterrun over those again. One medium orange... a half of grapefruit...two medium sized tomatoes...a cup and a half of tomato juice...a heaping cup of raw cabbage. Any of those will do a lot for my daily requirement of C?

GUEST: Yes. But you'll want to include several sources in the meals of the day.

ANNOUNCER: Mrs. _____, it was fine of you to come here today and tell us about Vitamin C. You know, I wonder if Kitty was listening in?

KITTY: Oh, go way with you, (announcer), I've been here all the time and you know it.

ANNOUNCER: And you still think this nutrition business...

KITTY: A woman may change her mind, (announcer). I guess...I guess this mollycoddlin's all right after all.

ANNOUNCER: Listen in again next week, folks to another broadcast of FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your (local, county) nutrition committee. Today _____ played Kitty.

MUSIC: THEME TO END.

--oOo--

(An exclusive service to local nutrition committees in coopera-)
(tion with the State and National Nutrition Program, War Food)
(Administration.)

RSS-45-1945

YOUR NUTRITION COMMITTEE presents

46

Food Makes a Difference

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in cooperation with

RAISE YOUR VITAMINS AND CAN 'EM

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____...in cooperation with your (local county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today we're going to look in on Mary Smith and her daughter, Judith. Judith has just come home from State College, and I must admit that already she and her mother are disagreeing as mothers and daughters sometimes do. Well, here we are at the Smith gate...and...oh, I was right. Judith and mother are having a little...well, a little difference in point of view.

JUDITH: But mother....

MARY: Now, Judith, we're not going to argue. I see no reason for cutting up the yard to have a vegetable garden. If you want to get your hands in the dirt, you can putter around with a few flowers.

JUDITH: Mother, that isn't patriotic.

MARY: And why not? Just because there's a war on is no reason why I can't have flowers. Just because the world's in a mess is no reason why I can't look at beautiful things.

JUDITH: Mother, that isn't what I mean. We can have a flower garden...I agree we want flowers for their beauty in wartime...but we can have vegetables too.

MARY: Judith, let's not argue about it. We just don't need a vegetable garden.

JUDITH: Mother, everybody who can possibly have a garden needs to raise vegetables this year.

MARY: You don't know anything about gardening, and you'd only waste the seeds ...and ruin the yard. We can drive out in the country and buy our vegetables.

JUDITH: And waste our gas...

MARY: Well, then, we won't have so many vegetables.

JUDITH: Oh, Mo-ther, do you know what happens to people who don't get enough vegetables?

MARY: Yes, they live to be ninety like your Grandfather Crocket. All he ever ate was potatoes and meat with chili sauce and bread and butter.

JUDITH: Yes, and he had poor eyesight and was all crippled up with rheumatism... Poor old Grandpa Crocket...I felt so sorry for him.

MARY: Judith, (FADE) I won't argue with you...

ANNOUNCER: Well, folks, you see how it is. Judith wants a vegetable garden...and apparently, her mother doesn't want a vegetable garden. I say, apparently Mary Smith doesn't want a vegetable garden because you can't tell about Mary Smith. Anyway, here comes Sally Jones...their next door neighbor...to take down some clothes she's been airing on the clothes-lines. She stops by the fence and calls to the Smiths.

SALLY: Hello there!

BOTH: Hello, Sally.

SALLY: I declare, Judith, you're getting more grown-up every day. How's school?

JUDITH: Fine. We're learning so many interesting things this year. I'm taking meal planning and nutrition and...

MARY: Now, now, Judith...Sally's had schooling too. She doesn't need you to educate her.

SALLY: (LAUGHING) Oh, I don't know, Mary,...it's been a long time since I was in school. I expect Judith could tell me lots of things. (SLIGHT PAUSE) I must say school agrees with you, Judith. You're looking fine.

MARY: (CAUSTICALLY) It's the dormitory meals that're making her look so well, Sally...planned by a nutritionist. I didn't feed her right...or so she tells me.

JUDITH: Mother, I didn't say that.

MARY: She wants to turn vegetarian, and she wants me to turn vegetarian too.

JUDITH: No, mother, what I tried to say was that we ought to have more vegetables in our meals...especially more yellow vegetables and more green leafy vegetables.

MARY: You see what I mean, Sally. All my life I've planned meals for my family, and now my daughter makes me feel that I haven't done right by them.

SALLY: I declare, Mary, you talk like my husband used to talk before I learned to cook vegetables properly.

SALLY: We'll help her...my husband and I. We had a pretty good garden last year.

MARY: Don't be so modest, Sally? You had a pretty good garden...why...you had a beautiful garden. But of course, with your two boys you can use a lot of food. When Judith's away at school, there's just Joe and me.

SALLY: Last year, I canned enough tomatoes and string beans for us, and then took a lot from our garden to can at the community canning center. They were used for the school lunch program...

MARY: You mean that you canned tomatoes and string beans for the school kids to eat during the winter at their noon lunch?

SALLY: That's right, Mary.

MARY: Hmmm....You know, I like that idea...I like the idea of canning food so the kids can get a warm meal at least once a day. And then, of course, there's old Granny Watson on the hill...she could use a few cans of stuff. Now, what are you grinning about, Sally?

SALLY: My husband talks the same way. He counts his tomatoes before the frost is out of the ground. (Pause) Oh, here comes Judith now.

JUDITH: (FADING IN AND SLIGHTLY OUT OF BREATH) Here you are, Sally.

SALLY: Thank you, Judith. (Pause) Oh...the chart's like a wheel, isn't it?

JUDITH: Yes...a wheel of health, Sally. You see how it works, don't you... It's divided into groups of food, and what you do is plan your meals so you'll have at least one serving from each group every day. You see here...Group One has the green and yellow vegetables. They're the the vegetables with Vitamin A.

MARY: Yes, and Group Two has the oranges and tomatoes and vegetables with Vitamin C.

JUDITH: Mo-ther! You do know...

MARY: And then Group Three, has potatoes and other vegetables and fruits. They're the fruits and vegetables that have a little bit of several vitamins and minerals. They sort of fill in the corners...nutritionally speaking....

JUDITH: Why, Mother! You didn't tell me you know about vitamins and things.

MARY: You didn't give me a chance, my darling daughter. I've been learning too, while you've been away at school. Now, Sally, about this vegetable garden...how big do you think we should have it...

JUDITH: (EXCITED) Are we going to have a vegetable garden, Mother?

MARY: Sally, how big should our garden be? I don't want to be over ambitious and waste the seeds and good food.

JUDITH: (A BIT EXCITED) That's the secret, Sally. That's just what our meal-planning teacher says: If you cook vegetables so they have good texture, good color, and all their fine flavor...folks are sure to enjoy them.

MARY: Now you're telling me I don't know how to cook...

JUDITH: Oh, no, Mother, you're a grand cook...I just mean...

SALLY: Do you actually cook at school, Judith?

JUDITH: Oh, yes Ma'am. In our meal planning classes we first plan our meals and then we cook them.

SALLY: I suppose you plan meals to get all the vitamins and minerals you need.

JUDITH: That's right, Sally. It's fun too.

SALLY: You could probably tell me a lot of things, Judith. I've been meaning to get a chart I heard about to help plan my meals...a Basic Seven Chart, I think it's called.

JUDITH: Do you really want a Basic Seven Chart? I've got one you can have. It's in the National Wartime Food Guide. I'll run into the house and get it if you like...

SALLY: Well, if you don't mind...

JUDITH: (FADE) I'll be right back.

MARY: Sally, I wish you wouldn't encourage Judith like that. She's at the age when she thinks she knows everything.

SALLY: I know she is, Mary. All young people go through that stage. But don't you think we could both profit by what Judith's learning?

MARY: Probably...but I'm sending Judith to school to get an education...not to criticize me. She's been home just one day, and all I've been hearing about is vegetables. Now she wants to raise a vegetable garden. ...

SALLY: But that's a splendid idea, Mary.

MARY: She hasn't any energy, Sally. You know that...before she went away to school, it was all I could do to get her to dry dishes.

SALLY: She seems full of pep now.

MARY: Well, I must say since she's been at the State College, she pitches in and helps with the work whenever she's home...but this garden business I don't know...

SALLY: What possible harm can it do to let her try her hand, Mary?

MARY: She doesn't know how to garden, Sally. She'll just dig up the lawn, and waste the seeds.

JUDITH: Mother, can we really make a plan for our garden?

SALLY: Say yes, Mary. Judith has the right idea. You really ought to make a plan if you're going to have a garden. Take my family, for instance. We'll want plenty of fresh vegetables this summer. Then I must be sure to can or store or somehow preserve vegetables...enough to help me feed my family right during the winter. And this year we're planning definitely to grow enough so we can share with the school lunch program I talked about.

MARY: So...you'll plan your garden with all those things in mind. You'll plan a garden big enough to raise food for the summer, food for the sinter, and some food to be canned at the community canning center for the school lunch program. Well, that sounds sensible.

JUDITH: Mother?

MARY: Yes.

JUDITH: Our State College has a pamphlet on how to plan your Victory Garden. I brought a copy home. And another one on Food Preservation...it tells about the canning budget, and about canning equipment, and has time tables for canning different kinds of vegetables. I brought it too.

MARY: You brought enough stuff to sink a battle ship...(THOUGHTFULLY) No, honey, I'm wrong. On second thought, I guess you brought stuff to rais a battleship. Of at least to raise our score for victory...and that's what's really important.

JUDITH: Gee, Mother, (FADE)Did I make a crack about you're being unpatriotic?

ANNOUNCER: You see, folks. I knew it all along. I knew that little spat wouldn't amount to much. And while Judith and her mother were disagreeing they settled some important matters. They're going to have a Victory Garden ...but because they don't know much about gardening...they're going to get good help and sound advice. They're not going to plant just anything, just any way...no sir. Instead they're going to plan their garden and consult the bulletin to find out when to plant what. They're going to raise food to eat this summer and food to eat this winter. And they're going to raise food that gives them the most vitamins and minerals for the garden space they have. Before ever they start, the Smiths will work out a food preservation budget...how many jars or cans of different kinds of food the family will need. And maybe, like their neighbors, they can share with school kids in the community who will need hot lunches at school next winter. By golly, folks, I'm glad we have Judiths and Marys and Sallys in America. Listen in again next wee to another broadcast of FOOD MAKES A DIFFERENCE presented by Station _____in cooperation with you (local, county) nutrition committee. Today_____played Judith,_____played Mary and_____was Sal

MUSIC: THEME TO END.

(An exclusive service to local nutrition committees in cooperation)
(with the State and National Nutrition Program, War Food Adminis-)
(tration.)

RSS-46-1945

NOTE: (Nutrition Committee will not want to mention Victory Garden and Preservation pamphlets unless they have a supply to offer.)

YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

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in cooperation with STATE AND NATIONAL NUTRITION PROGRAM

"FACTS ABOUT SOME RATIONED FOODS"

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____....in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Visiting us today is_____ of_____who has promised to talk to us about rationing. MRS _____, what aspect of rationing are we going to talk about?

GUEST: Just rationing...

ANNOUNCER: (DOUBTFULLY) We-ll...don't you think that's a pretty big subject? Don't you think we ought to take some part of it...like..why we have rationing

GUEST: But, (Announder), I'm sure all Americans know why we have rationing.

ANNOUNCER: Well, of course, we all know that our boys and girls in service must be well fed if they're to do a good job of winning the war.

GUEST: Yes, and we know that all of us on the home front must be well fed if we're to do our part in winning the war.

ANNOUNCER: And so we have rationing to see that all of us get our fair share.

GUEST: That's right!

ANNOUNCER: Well, maybe we ought to talk about something else then...

GUEST: Oh, no...now, (announder)...you can't sidetrack me like that. I still think we should talk about food rationing, and I'll tell you why...Have you ever heard a woman say, "I haven't a thing to wear?"

ANNOUNCER: (WITH A SLIGHT SNORT) Oh yes...yes indeed! With a closet full of clothes a woman will say, "I haven't a thing to wear." But what has that to do with food?

GUEST: Well, I think some of us are beginning to feel that way about food. Just the other day, a very dear friend of mine invited me in for a bite to eat and then she said apologetically, "I haven't a thing in the house to eat."

ANNOUNCER: What a strange invitation....

GUEST: Yes, wasn't it. But after that remark what do you suppose she fed me?

ANNOUNCER: What? Mrs._____?

GUEST: She served me a delicious souffle with home made jelly and a fresh vegetable salad...hot rolls...fresh fruit...cookies...,

ANNOUNCER: Pu-lease, Mrs._____, you're making me hungry.

GUEST: But you do see what I mean?

ANNOUNCER: I certainly do. Your friend said she had nothing in the house to eat, but what she meant was that she had no pork chops, or baked ham or steak

GUEST: That's it exactly. And my friend isn't alone in her way of thinking. We know that some foods are scarce and have to be rationed, but we feel the pinch just the same. So I thought if we just talk about rationing a little bit....

VOICE: Say, Lady, I don't mean to interrupt you, but kin I say something?

ANNOUNCER: Who are you?

VOICE: I'm the guy who runs the country store?

ANNOUNCER: What country store?

VOICE: Just any country store...Listen...Just before we started this rationin' business I was gripin' to Joe. Joe's the guy who takes my order for canned fruits and vegetables...wholesale...see? Joe just got through tellin' me he couldn't fill my order for canned goods...see? So I sez to Joe..."You wholesalers make me sick...You could always fill my order during the depression when ya couldn't get customers, I sez. What's the matter, I sez, don't I pay my bills?" So Joe sez to me...

2ND VOICE: There's a war on, Ed...don't you know there's a war on?

VOICE: Jeepers..that makes me mad...the nerve of that guy hintin' I didn't know there was a war on when I'd just sent my kid away to Army Camp. "Oh, no," I sez sarcastic-like,"I don't know there's a war on...I just sent my kid away to Army Camp, that's all." So Joe sez....

2ND VOICE: You want us to feed the kid right, don't you, Ed?

VOICE: "Certainly," I sez, "but what's that got to do with my order for canned goods?" So Joe sez....

2ND VOICE: Look, Ed, ya can't feed the kids in the army all the canned stuff they need and sell your customers all the canned stuff they want. There ain't that much canned stuff, see?

VOICE: "Aw, rats," I sez. "My boy ate canned stuff at home. He ain't goin' to use no more canned stuff in the Army than he did at home. But Joe sez...

2ND VOICE: Sure, he will, Ed.

VOICE: "Why will he use more canned stuff in the Army?" I sez. And Joe sez...

2ND VOICE: Because, Ed, the Army has to have food they can ship around. Canned stuff is the kind of food they can ship around.

VOICE: "Yeah," I sez, beginnin' to see the light. "I guess you're right, Joe." And then I can see Joe has something else on his mind. "All right, spill it, " I sez. So Joe sez.....

2ND VOICE: Ya know, Ed, there's a lot of boys in the service ain't never had the good food your kid got at home.

VOICE: "Yeah," I sez. "Whatcha drivin' at, Joe?"

2ND VOICE: Well, those kids has to be fed the same as your kid, Ed....

VOICE: "I should hope so," I sez, buttin' in sarcastic like...So Joe sez...

2ND VOICE: Well, ya see what I mean, Ed. Those kids are eatin' more food than they used to get...in fact, with all the fightin' and hard work our boys are doin' they're bound to eat more than they ate at home...so all in all it's takin' more food...

VOICE: "Yeah," I sez, (FADE) I guess you're right....

ANNOUNCER AND GUEST: We-ll.....

GUEST: Joe is right. (announcer)...it does take more food to feed a man when he's fighting. And the Armed Forces do require canned foods because they store well and ship well...They need large amounts too in warehouses ready for ships, in transit and in supply depots near the front.

ANNOUNCER: Yes, I can understand that...but ...Mrs._____

GUEST: Yes?

ANNOUNCER: Well...ah...why don't we produce more canned foods?

GUEST: We are producing more canned foods (Announcer), but it's sort of like one man chasing another man uphill...the supply never quite catches up with the demand.

ANNOUNCER: Is that true of sugar, too? Are we producing more sugar?

GUEST: Well, yes and no.

ANNOUNCER: Now, that's a nice safe answer....

GUEST: (LAUGHING) Well, what I mean is this: During 1945 we'll get about three-fourths of our sugar supply from Hawaii, Puerto Rico, and Cuba. These territories have increased their sugar production immensely... but.....

ANNOUNCER: There's always a but.....

GUEST: Yes, there is always a but, and this is it: There's a shortage of labor at the ports...that's one problem. Then even if the sugar gets loaded onto the ships...and even if there are enough ships to bring the sugar into the country...many of our large refineries may not be able to handle it all because of labor shortage.

VOICE: Excuse me, lady, but if you're talkin' about sugar, I got something I wanta say....

GUEST: Yes?

VOICE: Yes, ma'am. I wanta tell ya about last summer. Last summer, come canning time the Johnson's twelve-year old kid comes in the store for sugar. He pulls off the cannin' stamp see? That's the stamp we was supposed to use for sugar for canning, see? "What's your Maw goin' can, Sonny," I sez to the kid. And the kid sez.

2ND VOICE: Nawthin'

VOICE: So I sez, "Oh, now, lock, boy, she must be goin' to can something... otherwise why would she be sendin' you for canning sugar?" The kid sez

2ND VOICE: To make cookies...Paw and us kids like cookies.

VOICE: "But that ain't right, kid," I sez. "The government's expectin' us to use that sugar so's we kin put up fruit for next winter." The kid's skeptical he sez.

2ND VOICE: Mebbe so...but gimme my sugar now...Maw's waitin' (FADE) to make them cookies.

GUEST: You know, (Announcer), our grocer friend has hit on one reason why there wasn't enough canning sugar in some areas last year-----the use of canning sugar for making sweets....

ANNOUNCER: Yes, Mrs._____. I'm afraid some of our folks did buy canning sugar last year who didn't need it. But then...didn't we have a big fruit crop, too, that took lots of sugar to put up?

GUEST: You're right, we did have a big fruit crop that took a lot of sugar. This year we have the same amount of sugar alloted for home canning, but unlike last year we can't overdraw our quota. We have plenty for home canning but it must only be used for that purpose.

ANNOUNCER: Well, what can you tell us about meat, Mrs._____. Seems like practically all our meat is rationed now.

GUEST: That's right, (Announcer), 85 percent of our meat for civilians is rationed now, but that's only fair, don't you think. With meat scarce... if we didn't have almost all meat rationed...the folks who are busiest would have the least chance of getting any.

ANNOUNCER: You're right, Mrs._____. As it is, seems to me some parts of the country have more than others....

GUEST: I'm afraid you're right...Labor statistics late in 1944 showed that meat is shortest where the population is largest...(IN A LOUD WHISPER) I'll bet our friend knows some stories about meat....

VOICE: Sure, lady, sure I do....And it makes me mad too when I think of it. It's like this, see? Bill comes in one day....Bill's a good square guy, and that's why it makes me mad. Bill comes in and sez....

2ND VOICE: How about a steak today, Ed? Good and thick, Ed....

VOICE: "Sure, Bill," I sez. "You folks must be point rich. Didn't I sell your wife a big steak yesterday?" "Points?" sez Bill...

2ND VOICE: Yes. But can't ya give me a steak without points today, Ed? We're old friends....

VOICE: Of course, I thought Bill was jokin'. So I sez "sure"...and weighs out the steak and then I finds he ain't jokin' at all. "Look," Bill, I sez, I can't give you no steak without points.

2ND VOICE: For gosh sakes, Ed, why not? The guy up at the turnpike will, and he ain't no friend of mine.

VOICE: "Then you'd better buy it from the guy at the turnpike," I sez."But Bill sez.

2ND VOICE: Aw, Ed, I ain't got enough gas to go up there for my stuff....

VOICE: "Get your gas blackmarket like ya do your steaks," I sez. And then Bill gets mad.

2ND VOICE: "I don't buy blackmarket stuff," he sez. "The guy at the turnpike is a respectable dealer. It's just that he has "some friends" who don't need to buy meat and give in their coupons to him...so of course he kin sell extra steaks to some of us guys. I supposed you could to the same...."

VOICE: "Sorry I got in a huff, Bill," I sez..."But selling meat without coupons is blackmarket even if ya got somebody else's coupons to cover it. Think of it this way, Bill," I sez, "there's just so much meat in the United States for civilians, and it ain't enough for everybody to get all he wants...So if you get more'n your share, somebody's gonna have to do without....."

ANNOUNCER: That's right, folks. It's just as if we had six apples for six people. If someone grabs off more than his share, somebody else has to do without. And that's the story of rationing in a nutshell. Thank you, Mrs. _____, for giving us your time today. Ed was played by _____, and _____ took the remaining parts. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: TIME TO END.

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(An exclusive service to local nutrition committees in cooperation)
(with the State and National Nutrition Program, War Food Adminis-)
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STATE AND NATIONAL NUTRITION PROGRAM

"ON THE (S)WING SHIFT"

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station ____....in cooperation with your(local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. We're listening in today on a little chatter in an egg factory.

MAN'S VOICE: Culling all chickens, culling all chickens...

CHICKEN LICKEN: Run, Henny Penny, run...Here comes the culling man and you'll get it in the neck.

HENNY PENNY: You'd better worry about your own fine feathers, Chicken Licken You've been flying pretty high lately...and neglecting your job I understand.

CHICKEN LICKEN: Yes, I guess you're right. I'd better lie low while the culling man is here.

HENNY PENNY: I'd suggest you sit on your nest instead of lying down on the job.

REDDY: Mama, do the hens set on their eggs or sit on their eggs?

HENNY PENNY: Are you here with another question, Reddy? Yesterday you asked me if a setting hen ever lies...and I up and boxed your comb for that.

CHICKEN LICKEN: Here comes Biddy strutting her stuff.

HENNY PENNY: She has something to crow about...if she could only crow. Congratulations, Biddy.

BIDDY: Thank you, Henny Penny. I didn't really earn that award any more than the rest of you.

CHICKEN LICKEN: What did you do, Biddy?

HENNY PENNY: I declare, Chicken Licken, you probably don't even know we're in the middle of a war. Biddy won the X award for egg production. She laid the most eggs this year of any hen in the hennery.

REDDY: What does X stand for, Mama?

HENNY PENNY: X stands for eggstraordinary. That's what eggs are, you see...one of the most eggstraordinary foods of the war.

BIDDY: Yes, I understand that eggs are growing in importance in this war.

HENNY PENNY: I heard that, too. And I also overheard the boss telling a lady that our eggs are growing in size.

REDDY: What do you mean, Mama? Eggs can't grow.

BIDDY: She means, dear, that we're laying bigger eggs than we used to.

HENNY PENNY: The boss told a lady yesterday that almost everybody wants big eggs.

CHICKEN LICKEN: I don't see why. A little egg has everything a big egg has.

BIDDY: Except quantity, of course. And the boss takes care of that by selling little eggs for less money.

HENNY PENNY: Small eggs suited the lady all right, but she didn't like our eggs because they're brown. Shades of night!

CHICKEN LICKEN: Shades of brown! ...maybe you mean. I think our eggs in their shades of beige and sand are beautiful. What's the matter with them?

BIDDY: Nothing...an egg's an egg regardless of the color of the shell.

CHICKEN LICKEN: What about the color of the yolk? Some egg yolks are pale yellow and some are a rich orange color.

BIDDY: That's true, Chicken Licken. But you can't tell about the food value of the yolk by its color. Some pale yolks are richer in Vitamin A than deeper colored egg yolks.

HENNY PENNY: Gold or yellow---eggs are prize packages. That's what the boss told the lady his egg factory produces.

REDDY: What did he mean, Mama? ...Prize packages?

HENNY PENNY: An egg, Reddy, is a prize in any size. When an egg is eaten by a little girl...

BIDDY: Or her mama....

CHICKEN: Or her grandmama....

HENNY PENNY: Yes, even babies have a little bit of egg yolk. And when they do, they get a high quality protein food that does a good job in building and repairing their bodies.

BIDDY: Don't forget the protective value of eggs.

REDDY: What do they protect people from Mama?

HENNY PENNY: Don't ask so many questions, Reddy. Does anybody know the answer to that one?

BIDDY: I heard the boss say....something about iron for good red blood.

CHICKEN LICKEN: Mrs. Rhode Island Red was lecturing us about eggs the other day. She says they have vitamins, too...Vitamin A for one...and thiamine and riboflavin, too.

REDDY: How can I remember such big words?

HENNY PENNY: Just remember this....that eggs are little packages of health-giving food and it's your job to eat what the boss gives us so you will grow big and strong and be able to lay lots of eggs.

BIDDY: Yes, when I was awarded my prize, everybody was talking about how lucky they were to have plenty of eggs...since so much meat and cheese....other important protein foods have gone to war.

CHICKEN LICKEN: During the program I was at the edge of the crowd. And I heard Hickety Pickety say she was as mad as a little wet hen...in fact she was so mad she'd like to fly the coop.

BIDDY: Why did she say that?

CHICKEN LICKEN: Well...she said she overheard some one say that most of our eggs go into cold storage...and if that is the case she intends to speak to the hen that rules the roost.

HENNY PENNY: It seems to me it's time Hickety Pickety learned about cold storage

BIDDY: Personally, I'd rather see an egg of mine go into cold storage for a month than left to sit around in some warm place for a week.

REDDY: Don't eggs like to be warm, Mama?

HENNY PENNY: Eggs don't like hot weather, or warm kitchens or stuffy grocery stores, Reddy. If people expect eggs to do so much for them, they ought to keep eggs in a cold place.

BIDDY: Eggs are very sensitive to unpleasant odors, too.

CHICKEN LICKEN: Looks like the least folks could do would be to give eggs a little privacy.

REDDY: What does privacy mean, Mama? Sounds kinda high hat to me.

HENNY PENNY: She means that a lady should cover a bowl of eggs with a lid.

REDDY: (giggling) Lid...ha,ha...that's kind of a high hat.

CHICKEN LICKEN: That's corny.

REDDY: Which reminds me...I'm hungry. Do people eat eggs when they're hungry, Mama?

HENNY PENNY: Yes, they eat them for breakfast, but that's not all. Eggs make good dishes for lunch, dinner or supper.

BIDDY: And other times, too, ...in sandwiches and eggnogs, party refreshments, picnics, and lots of times, Reddy.

REDDY: Speaking for me, I'd rather take a beating then be an egg.

CHICKEN LICKEN: That's a good one. Eggs do take a beating...lots of beating...And that reminds me of something I heard the other day.

HENNY PENNY: You're always hearing things, Chicken Licken. What's the gossip this time?

CHICKEN LICKEN: Someone said that eggs which have been stored in a cold place for a time lose a little of their moisture and take a beating better than our fresh eggs. What do you think of that?

HENNY PENNY: That must be what the boss meant when he talked about Grade-B eggs ...They aren't quite as fancy as Grade A top quality eggs.

BIDDY: But just as good for most baking and cooking as our latest creations.

CHICKEN LICKEN: Talking about cooking...Hickety Pickety told me that good cooks are as scarce as hen's teeth.

HENNY PENNY: Hen's teeth..my eye! Just between you and me I think Hickety Pickety is a bad egg.

BIDDY: I think she's a tough egg.

CHICKEN LICKEN: That's it...that's what Hickety Pickety said.

BIDDY: What are you talking about?

CHICKEN LICKEN: She said that's why good cooks are scarce...because so many people make a hard cooked egg a tough egg.

HENNY PENNY: I know what Hickety Pickety meant. Some poeple boil and boil eggs to cook them hard...then they are hard...tough and rubbery.

BIDDY: Eggs that are cooked too hard or too long are not as easy to digest...so they tell me.

CHICKEN LICKEN: I guess heat must be important to an egg.

BIDDY: Eggs like a cold climate before they're cooked and a moderate temperature when they're cooked.

HENNY PENNY: O-Oh...Here comes the boss. We'd better get back on the production line, girls. Eggs are one of the most popular unrationed foods on the market now, and it's up to us on the wing shift to keep 'em rolling.

REDDY: Mama, what can I do?

HENNY PENNY: Here...take this dictionary and find out how many words begin with egg.

REDDY: (reading)...Eggceptional, oggzactly, oggzercise, eggzagerate (fading out)

ANNOUNCER: No, Reddy, you're not exaggerating a bit when you talk about the exceptional value of eggs. Every one knows that the variety of dishes you can make with eggs is almost endless...so many, in fact, we forget about some of them, and like to be reminded. Here's one that is new to me: Baked eggs on a layer of cooked rice, served with a tomato sauce. Doesn't that sound good? And you can always give your omelets a Sunday dress. Doll them up with different fillings and sauces...mushrooms, or cheese...or tomato. One good way to use up a few left-over vegetables or bits of meat is to serve them creamed over a fluffy, golden omelet. Let's take a tip from Henny Penny and enjoy our point-free protein food...the best of the nest: EGGS, Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...presented by Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

-OoO-

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RSS-48-1945

YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

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STATE AND NATIONAL NUTRITION PROGRAM

GATHERING GREENS

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station ____...in cooperation with your (local, county) nutrition Committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. We're inviting you today to go on a very special jaunt. (name) and (Name), (titles), have asked us to go greening with them.

GUEST 1: Are you going to confess what you thought we meant when we asked you to "go greening"?

ANNOUNCER: Oh, you wouldn't tell how green I was, would you, Mrs. _____? But now I know better, and I'll let our listeners in on it, too. When you go greening, you hunt for greens...fresh, spring greens.

GUEST 2: And find them, too.

ANNOUNCER: Is that a promise, Mrs. _____

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GUEST 2: Follow me.

ANNOUNCER: Come on folks. Throw on your old clothes and hop into your seven league boots. We'll all go greening.

GUEST 1: This way, everybody.

GUEST 2: Oh no...this way.

ANNOUNCER: Wait a minute now. Who's the leader here?

GUEST 1: I am. We'll go straight out to my back yard where young dandelions are popping up by the hundreds.

ANNOUNCER: What's going on here, Mrs. _____? I thought we were going out to get a mess of greens for dinner.

GUEST 1: We are. Young dandelion leaves make a delicious dish of greens.

ANNOUNCER: And of course incidentally you'd get your yard cleaned of dandelions. Very clever, Tom Sawyer.

GUEST 2: That settles it. If you don't want to be a Huckleberry Finn...or whoever it was that white-washed Tom's fence for him...then come with me.

ANNOUNCER: Where are you going, Mrs. _____?

GUEST 2: You're wrong about that. You can gather wild greens clear through the summer if you always look for the young ones.

GUEST 1: My sack is about full. I think it's high time we headed for home.

GUEST 2: Not until we look for curly dock up here along the road. You'll recognize it by the thick rosetts of long curly-edged leaves.

ANNOUNCER: I thought that curly dock was only a dust catcher along the highway.

GUEST 2: You'd be surprised how many common weeds are good eating.

GUEST 1: I can remember hearing my grandmother talk about gathering greens... only she called them herbs...pot-herbs.

ANNOUNCER: To me, herbs mean medicine. Maybe greens serve a double purpose... serve as an ounce of prevention and a pound of cure.

GUEST 2: In my opinion, a dish of young greens is a double dose of good eating.

GUEST 1: Speaking of doubling, is this little green plant that hugs the ground a twin to dandelions?

ANNOUNCER: Looks a little like a dandelion plant, except the leaves are broader and have a smooth edge.

GUEST 2: You probably have them in your back yard...along with the dandelions. That's called plantain...p-l-a-n-t-a-i-n....a pest to get out of your grass...but very good to eat, if you cut the leaves when they're young.

GUEST 1: Well, what are we waiting for? Let's go straight home to my back yard.

GUEST 2: I had hoped to find some sorrel along this fence before we left. Sorrel is slightly sour and combined with other wild greens gives a dish a very special flavor.

ANNOUNCER: So you mix your own, do you? Here, add this pretty little weed to your collection. Looks like it was frosted.

GUEST 2: That's lambs-quarter, sometimes called wild spinach. Where did you find it?

ANNOUNCER: Right over here, close to this ploughed field.

GUEST 2: Let's get some more of the small ones. The big ones are tough. See? The top of the leaf is silver and the underside is a pinkish lavendar. Some varieties are light green on top with frosty undersides.

GUEST 1: My, I've learned a lot today. My sack is running over, too...full of iron, by the way, but not heavy. There's a conundrum for you.

ANNOUNCER: What do you mean...iron?

GUEST 2: She means greens are rich in iron.

GUEST 1: Vitamin A, too.

ANNOUNCER: Mine look like they're rich in dust and dirt.

GUEST 1: Don't let that bother you. Greens are easy to wash...quick, too, if you use plenty of water. Hold them...a few at a time...under running water to get the worst of the dirt off...then douse them up and down in several waters.

GUEST 2: And instead of pouring the water off the greens, be sure to lift the greens out of the water each time. The dirt or sand will go to the bottom of the pan.

GUEST 1: And I suppose you cook wild greens just like you cook cultivated greens

GUEST 2: Well, almost. Let's see what we have in our bags...water cress. That's good in a salad or cooked a very little...in just the water that clings to the leaves after its last bath.

GUEST 1: Most greens don't need much more than wilting to make them melt in your mouth.

GUEST 2: These young poke shoots...on the contrary...must be cooked to be edible. I always bring them to a boil, then discard that water and start them cooking again in fresh, salted water. When the water boils, pour it off, and your greens are ready to eat.

ANNOUNCER: The greens in my basket look a little wilted already.

GUEST 1: They'll freshen up after you wash them and put them into the refrigerator for a few hours.

GUEST 2: Why wouldn't it be a good idea to take your refrigerator bag...the moisture-proof kind...along on a jaunt like this?

ANNOUNCER: I'd say it would be a real achievement to capture some early morning dew along with your greens. By the way, before we get home, you'd better tell me how to season these greens.

GUEST 2: Everyone has a favorite seasoning. For salad greens, I prefer a French dressing, but many people like to wilt salad greens a little with a hot vinegar and bacon dressing.

GUEST 1: Our family likes a little sauted onion and a few drops of soya sauce added to cooked greens...or meat drippings if we have them.

ANNOUNCER: You said something back in the woods about mixing different greens. How do you know which ones are good together?

GUEST 2: That's hard to answer...because there are so many kinds of greens. We haven't seen any milkweed or wild mustard, not even the common red-rooted pigweed and chicory. Some of them grow a little later.

GUEST 1: Usually you combine the bland flavored greens with the pungent tasting greens, don't you?

ANNOUNCER: But I wouldn't know one from another, unless you went with me.

GUEST 2: After a trip or two like this you'd soon recognize them. However, for the folks who don't know their wild greens, it's easy to write to your (State Agricultural College,) and ask for a bulletin on wild greens.

ANNOUNCER: Right now with food supplies what they are, I think a great many people would be glad to know about these free greens that grow in the woods, and meadows, along the roadsides and in vacant lots. And don't I recall some one mentioning her back yard?

GUEST 1: Seems like my back yard will have to wait for another day. I hope the dandelions and the plantain don't grow old and tough in the meantime.

ANNOUNCER: Young and tender...that's the by-word for wild greens, folks. And if you live in the city or the country you can probably find all the greens you can eat...free for the gathering, in your own back yard or down the road apiece. I'm certainly indebted to you, _____ and to you, _____ for a pleasant imaginary jaunt and a heap of information on wild greens. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE presented by Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

-OoO-

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RSS-49-1945

NOTE: Because of seasonal and geographic differences this script may need local adaptation.

YOUR NUTRITION COMMITTEE presents

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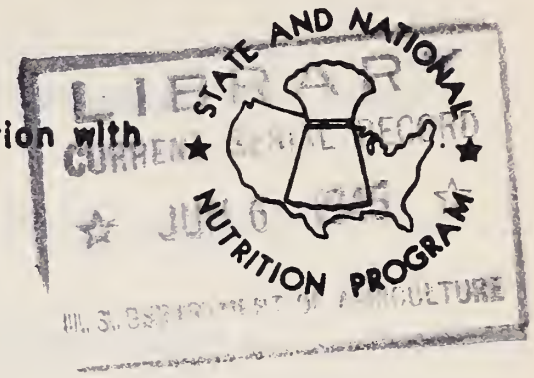

AS A CHILD EATS SO SHALL HE GROW

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____...in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our program today is concerned with children's food habits. For discussion purposes we will talk about two little girls, and we'll call them Mary Lou Russel and Katie McCoy. Their mothers organized a child care club. How did the club start, Mrs. Russel?

RUSSEL: Child care club is a very dignified name for it, Mr. _____. You might say we had a neighborhood round table where we discussed problems of child care.

ANNOUNCER: You mean you went round and round?

RUSSEL: In one sense, yes. But we didn't go around our subject. We dived right into it, almost over our heads at first.

ANNOUNCER: Child care must be an engrossing subject.

RUSSEL: We think it's fascinating. But really our discussion didn't cover all phases of child care. We spent most of our time talking about feeding the children.

ANNOUNCER: That sounds too easy to talk about.

RUSSEL: For that remark, Mr. _____, we'd put you in the amateur class. Child feeding takes common sense, imagination....oh, don't let me get started on that. You want to know how we began our neighborhood discussion group. It was this way...my neighbor, Mrs. McCoy, and I decided to take turns caring for each other's children...so each of us would have a couple of days free for Red Cross work.

ANNOUNCER: That's quite a popular plan, I understand.

RUSSEL: We think it's a wonderful idea! But at first it didn't work so very well because Mrs. McCoy and I had such different ideas about the way children should eat.

ANNOUNCER: Fingers versus forks, I suppose.

RUSSEL: My mistake...I don't mean the way they eat, but what they eat and when they eat. You see, Mrs. McCoy believed in allowing her youngster to eat about anything any time she wanted to...even candy, cake, cookies... ..whatever she could find in the kitchen.

ANNOUNCER: And consequently she was a problem child at mealtime...that's a very familiar phrase. I'm curious to know how you persuaded Mrs. McCoy over to your point of view.

RUSSEL: We compromised, really. If you had been listening in you would have heard us saying something like this...(FADE)

MCCOY: Meals never bothered me much, Mrs. Russel. We've always eaten whatever we wanted...and I figure that Katie's appetite is a good enough guide.

RUSSEL: Katie looks well fed.

MCCOY: Yes, in a way, she does. I'm sure she gets enough to eat, but from what the doctor said the other day, maybe she hasn't been getting all the right kinds of food.

RUSSEL: Did he say she's overweight?

MCCOY: Yes, a little, but he said she hasn't had all the vitamins and minerals she needs. He was more concerned about that.

RUSSEL: I don't pretend to be an authority on feeding children, But I do know that every one needs to eat a wide variety of foods to be on the healthy side.

MCCOY: Children especially, I suppose, because they are growing. As far as that goes, I cook lots of different vegetables...but Katie won't even taste them...except mashed potatoes.

RUSSEL: Maybe there's a reason. If you let her eat between meals she won't be hungry when mealtime comes.

MCCOY: Woe is me! I can just see myself locking the kitchen door on Katie.

RUSSEL: That gives me an idea!

MCCOY: Is it worth a penny for your thoughts - or more?

RUSSEL: More...Instead of locking the children out of our plans let's take them into the fun of planning the meals. I wonder what they would say if we asked them what they want for their dinner.

MCCOY: I know the answer to that one...ice cream, chocolate cake, hot dogs and rolls, mashed potatoes and gravy. That's what Katie would order.

RUSSEL: Mary Lou would probably like that...and if we just added a green vegetable the menu wouldn't be too bad.

MCCOY: So what? Do you think the children would eat their dinner if they helped to plan it?

RUSSEL: Yes, I think they would, that is, if...

MCCOY: If what?

RUSSEL: If they ate a good breakfast and had nothing else till noon.

MCCOY: It's a good idea, but I don't know whether I can hold out on Katie or not.

RUSSEL: Maybe that's unfair to you and Katie. I'll tell you what I'll do.

MCCOY: What's that?

RUSSEL: I'll take the responsibility the first day. And plan to give each child a small apple about 10 o'clock. That won't make it such a drastic change for Katie...And the apple wouldn't spoil her appetite.

MCCOY: Then you'll give them their dinner about twelve o'clock and put them to bed at 1:30 for naps. But...when they wake up, I don't envy you.

RUSSEL: Why? Do you think Katie will tease for food? After all, if she eats a good breakfast she won't be so hungry.

MCCOY: Yes, that's true...but you don't know my Katie. And anyway, I'm not at all convinced that children don't need a little something in the middle of the morning and in the middle of the afternoon, too.

RUSSEL: Some children do...at least on days when they're very active. I sometimes wonder if I've handled Mary Lou too much like a chemistry test tube, instead of adjusting a little to her appetite.

MCCOY: Of course when they eat a lot of sweet stuff between meals, I can see why that's a bad habit. Why couldn't we give them a little fruit every day?

RUSSEL: All right, let's do. Let's plan on fruit or milk for a mid-afternoon lunch. First thing I'll do in the morning is to ask the girls to help me plan the menu.

MCCOY: Do you honestly think they will eat more if they help plan it?

RUSSEL: I think they'll be more willing to eat everything I give them if they help plan it. We want to start right in to teach Katie to eat other vegetables along with potatoes.

MCCOY: You're more optimistic than I am.

RUSSEL: I'll never forget how my brother learned to like green vegetables. Take peas, for instance. He was about 8 years old, and a very picky eater. Father suggested he eat just one pea that day, 2 peas the next time Mother served them, then 4, 8, 16, and so forth, doubling the number each time.

MCCOY: Did it work?

RUSSEL: Like a charm! And though Father didn't know it, this is pretty close to a method that psychologists approve of.

MCCOY: What's that?

RUSSEL: Start with small tastes...a bite at a time, and increase the amount gradually.

MCCOY: Liking a food, I suppose, is just a matter of learning to like it.

RUSSEL: That's what my Father thought. Another device he used with my brother when he was very small was to change the name of the vegetable. When squash was on the menu, Father renamed it apple-pumpkin, and Bud ate it without a word.

MCCOY: I wonder if the psychologists would approve of that. After all if food is attractive looking and tastes good, children ought to eat it without any tomfoolery. And learn the right names for vegetables!

RUSSEL: I believe you're right about that...no tricks or bribes...and no nagging or disciplining to get children to eat. We're supposed as parents to set the stage for action and then move to the sidelines.

MCCOY: That's the way it was at home. I grew up in such a big family that Mother didn't have time to concoct games. And she didn't have to. We ate everything within reach and had a good time doing it.

RUSSEL: I think some folks do fuss too much over their children's eating.

MCCOY: I notice that your Mary Lou spends a lot of time over her meals... plays with her food.

RUSSEL: Yes, after she satisfies that hunger pang she's the world's worst dawdler.

MCCOY: Why don't you try setting a time limit on her?

RUSSEL: That's the best suggestion yet. She can't tell time, but she can watch that big hand climb the ladder to 12.

MCCOY: Maybe she won't mind losing those last few bites.

RUSSEL: I don't aim to give her more than she can eat comfortably.

MCCOY: That's reasonable, since you expect her to eat her vegetables before she gets any dessert.

RUSSEL: At least it works,..vegetables first, then dessert.

MCCOY: Well, I hope the plan works with Katie. But I'm still keeping my fingers crossed. (FADES OUT)

RUSSEL: And that, Mr. _____, was the beginning of our campaign for better food habits.

ANNCR: That's only the beginning of your story...for me. Tell me...how did the plan work?

RUSSEL: The hard way, I must admit. We didn't perform any overnight miracles.

ANNCR: Patience, perseverance, and apparent unconcern. Were those the three necessary ingredients, Mrs. Russel?

RUSSEL: Patience is right....buckets of patience. And we did learn to show no concern....even about the hand of the clock or the waiting dessert. But we stayed with it....Both girls eat almost everything now, and enjoy their meals.

ANNCR: Feeding the two of them together must have made it easier, too.

RUSSEL: I'm sure of it. The old idea...of follow the leader...is valid yet. One liked a food, so the other ate it, too.

ANNCR: And the food really went down those little red lanes, to build fine little bodies. No more dawdling either?

RUSSEL: And no more eating sweets between meals...

MCCOY: The right food...at the right time....

RUSSEL: Without any fanfare and ballyhoo...

ANNCR: Adds up to happy meals and happy, healthy families. Thank you, Mrs. Russel and Mrs. McCoy for sharing your experience with us as you shared it with your neighbors in your round table discussions.

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE, presented by Station _____ in cooperation with your (local, county) nutrition committee. Today _____ took the part of Mrs. Russel. Mrs. McCoy was voiced by _____.

MUSIC: THEME TO END.

-oOo-

(An exclusive service to local nutrition committees in cooper-)
(ation with the State and National Nutrition Program, War Food)
(Administration.

RSS-50-1945

Copy for "FOOD FOR FOLKS" column

THE PURPLE STAMP OF PROTECTION

When you buy meat, do you look for the little round purple stamp--the stamp that reads: "U. S. Inspected and Passed?" If you do buy federally inspected meat with the purple stamp, you will be sure of getting the same quality you got in pre-war years. And remember that lunch meat and frankfurters, as well as favored cuts of meat like steaks and roasts, are covered by the same inspection service.

The purple label is evidence of long hours of rigid inspection of this meat supply before it gets to the butcher shop. It's the consumer's guarantee of meat from animals that passed a thorough test given by trained experts, a guarantee that the meat comes from healthy animals and is clean and wholesome in every way.

The whole business of meat inspection starts with the slaughtering house or processing plant which must fulfill certain sanitary, construction, and equipment requirements before Federal approval is granted. The actual inspection begins whil the animal is still alive. Government veterinarians look over the stock in the yards, separating from the rest all the stock that doesn't appear to be "in the pink."

Federal inspectors are right on hand during the butchering, and all of the meat is carefully examined to make sure it's free from disease. But the inspection doesn't end with the Government's O.K. on fresh meat. All processed meats, and ingredients which are used in a meat mixture, are re-inspected, and the method of making the product must also be approved.

It is estimated that currently about 70 percent of the meat in this country is being federally inspected. That means the other 30 percent is consumed near the area of production, for all meat which crosses State lines, or which goes to our armed forces, must bear that purple stamp.

The next time you see the purple stamp, made of harmless vegetable coloring materials, just remember it is the stamp which means protection to your family and your fighting men at home and abroad.

-oOo-

(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, War Food Administration)

PRS-51-1945

Copy for "FOOD FOR FOLKS" column

AS A CHILD EATS, SO SHALL HE GROW

Good food habits are as important to good nutrition as good nutrition is to buoyant health. For unless a child learns to eat a variety of foods early in life, food prejudices may easily result in malnutrition.

So, no matter how well a mother keeps up on advances in nutrition, or how much time she spends juggling money and ration points--she still won't have well-nourished children if they refuse to eat. And unfortunately many children aren't naturally fond of all kinds of food right off the bat.

The idea, then, is to help children learn to like a variety of food when they are very young. And this sort of teaching pays big dividends, for poor food habits, even when corrected in later years, may result in serious physical defects in childhood that carry over into maturity.

In starting a child off on good eating habits, there is no single rule that will work for all children. The important thing is to start early in the child's life to acquaint him with a variety of flavors and textures.

Mealtime should be made pleasant and should not include talk about a child's food likes and dislikes. Punishmant at mealtime seldom creates good food habits. Setting a good example by at least not mentioning food dislikes is important. Adults have been know to say, thoughtlessly: "No greens for me please. I leave 'grass' for cows."

Be sure that a new food is well-prepared the first time it is served, and offer only a small amount. If the child doesn't like it, there is no point in forcing him to eat it. Try it again another time and when he becomes accustomed to the new flavor, he probably will accept the new food and be willing to try other new foods.

Too many sweets between meals or early in the meal take the edge off the appetite for body-building foods. For active children who always have a good appetite there is no harm in a wholesome afternoon snack for extra energy for play until the evening meal.

Also it's bad business to coax or force a child to eat when he has a slight cold or other illness which may temporarily decrease his appetite. If an illness continues over a long period, a new start in good food habits may be necessary. Offer extremely small portions and simply take the food away if it isn't eaten. This will create more interest in eating than all the scoldings or coaxing a mother can use.

If your child eats a wide variety of foods eagerly, a large part of the battle for his future health is won. Nutritionists know that if children get an early start on their good food habits, they'll probably grow up with healthy appetites that demand well-balanced diets.

-oOo-

(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, War Food Administration)

PRS-50-1945

SUPPLEMENTARY CURRENT INFORMATION ON THE MEAT SITUATION

All consumers are alert to accurate information about the national meat situation. Federal Meat Inspection is not a new service in the Department of Agriculture, though it has recently stepped into the limelight of public attention. To understand the supply and distribution problems of our meat packers it's important to know the purpose and extent of Federal Meat Inspection, which is explained in the accompanying script.

You can't cook statistics, but sometimes a few well chosen facts can go a long way toward giving your listeners the "why" of a particular food situation. Here are some figures on the meat supply that can be understood by everyone. At present, of each 100 pounds of meat produced in the United States, 70 pounds are Federally inspected. Of this 70 pounds, 31 and a half pounds must be set aside for government purchase for war use. Since only Federally inspected meat can be shipped from one state to another, the set-aside leaves 38 and a half pounds out of every hundred for interstate trade. When we consider that most of our large cities depend to a great extent on these interstate shipments, we begin to realize why the supplies in large cities are limited.

Meat supplies will continue short of demand at ceiling prices until the fall when more livestock comes to market seasonally. The present shortage is chiefly due to the 29 percent reduction in hogs as compared with last year's supply. This smaller supply is particularly noticeable because more than half of our meat is pork. Although cattle marketings are still fairly high, this is the normal low season for cattle slaughter. The same holds true for sheep and lambs.

At the same time purchases of meat for war uses have increased. Our armed forces are taking about 10 percent more meat than they did a year ago.

Many of the meat packing plants and slaughter houses now under Federal inspection are not operating to capacity. If more livestock were directed to Federally inspected plants, our total meat supply could move more freely throughout the country.

April 20, 1945

YOUR NUTRITION COMMITTEE presents

(Your copy for April 30, 1945)

Food Makes a Difference

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U.S. DEPARTMENT OF AGRICULTURE

in cooperation with

FEDERAL MEAT INSPECTION

(Note: If a Federal Meat Inspector is not available in your community, invite a local butcher who is informed on the subject to take part on the program. A list of Federal Meat Inspection offices in your area is attached.)

ANNOUNCER: We bring you now....FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____...in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our guests in the studio today are Mrs. _____, who is a member of the (local, county) nutrition committee, and Mr. _____, a Federal Meat Inspector from _____. Both Mrs. _____ and I are fairly bursting with questions to ask Mr. _____. Am I right, Mrs. _____?

MEMBER: You're exactly right, Mr. Announcer. And we're delighted that Mr. _____ could come to the studio today--- to answer our questions. Of course, we both know that meat inspection is important...and that Federally inspected meat is pretty sure to be wholesome and good to eat. But beyond that MY notions of the subject are rather vague.

ANNOUNCER: We must be in the same boat, Mrs. _____.

MEMBER: Both floundering in deep water.

ANNOUNCER: Fortunately, Mr. _____ knows all the answers...and can steer us along. Take over, Mr. _____.

INSPECTOR: The subject of Federal meat inspection is such a big one, I may get off the course, Mr. Announcer, so you'd better put in your oar once in a while.

ANNOUNCER: All right. Here goes...I'd like to know why we have Federal meat inspection.

INSPECTOR: To answer that one we need to look backwards about 50 years.

MEMBER: I didn't realize we'd had Federal meat inspection in this country for fifty years!

INSPECTOR: We haven't...not as we have it now, anyway. Back about 1890... or a little earlier...meat packers in this country were building up their European business...and they wanted the Government to step in and inspect the meat.

ANNOUNCER: That's interesting...that the meat packers themselves should ask for inspection.

MEMBER: Yes, I'm surprised, too...I thought Federal inspection was to safeguard the consumer.

INSPECTOR: You're right...it is. But a careful inspection of meat protects the packer, too.

ANNOUNCER: In what way?

INSPECTOR: It was like this. The Europeans who bought the meat wanted a sort of guarantee that the meat was clean and wholesome... good to eat, in other words.

ANNOUNCER: They wanted the Government to stand back of the deal, I suppose.

MEMBER: What did the Government know about meat inspection at that point?

INSPECTOR: Very little then...but as soon as Congress gave the GO sign, the Department of Agriculture appointed a small staff of experts who knew the meat business...inside and out!

ANNOUNCER: Inside and out! That's good. A meat man would have to know his livestock inside and out...dead or alive.

INSPECTOR: You're certainly right about that. They were well qualified to set up meat inspection standards.

MEMBER: What do you mean by inspection standards?

INSPECTOR: Sanitary surroundings to start with, Mrs. _____...first class housekeeping wherever meat is handled.

ANNOUNCER: Healthy cattle must be very important, too.

INSPECTOR: Healthy cattle and sanitary surroundings are the goals toward which the meat inspection men worked...year after year.

ANNOUNCER: What happened to the foreign trade in the meantime?

INSPECTOR: Foreign trade grew rapidly, along with the Government's certification that the meat was okay.

ANNOUNCER: I must have gotten the wrong impression some way. I thought Federal meat inspectors examined meat for Americans.

INSPECTOR: Oh, they do, nowadays...they certainly do.

MEMBER: Mr. _____ was telling us only the beginning of the meat inspection service.

ANNOUNCER: Way back when! I see...well, I want to know that they do today.

INSPECTOR: I'm coming to that in just a minute, Mr. Announcer. If you remember, business was growing so fast at the beginning of this century that it was falling all over itself.

MEMBER: And the meat packing business was changing, too...from a local one-man set-up...to large centralized city plants.

ANNOUNCER: More railroads and faster trains must have exerted a tremendous influence in this country.

INSPECTOR: Now we're getting at the picture. Larger meat packing plants meant more interstate trade.

ANNOUNCER: And trade between the states meant that the Federal Government was needed for the job of referee again.

MEMBER: Just as the Government was asked to certify the meat for sale to Europe, I suppose.

ANNOUNCER: May I break in with a question that's been bothering me?

INSPECTOR: Certainly.

ANNOUNCER: We've been talking about meat in rather general terms. Does the inspection cover meat from hogs and sheep, as well as cattle?

INSPECTOR: I'm glad you asked that. Certainly I meant to include hogs and sheep as well as cattle. You see I told you I'd need your help.

MEMBER: Must all the inspectors be veterinarians?

INSPECTOR: Not necessarily. Right now, about 800 of the inspectors are "vets," and about 2500 are trained for specific jobs along the inspection line...jobs that don't require the long scientific study that veterinarians must go into.

MEMBER: Your term, inspection line, isn't quite clear in my mind. Women are practical, you know, and I'd like to visualize just what an inspector does.

ANNOUNCER: You and I should go through a packing plant some time, Mrs. _____.

MEMBER: I'd like to very much. But I want to know first what to look for.

INSPECTOR: You might not enjoy the first part of the inspection.

MEMBER: The slaughtering, you mean? I thought the first step was the inspection of the live animals.

INSPECTOR: Right you are! If you saw that part you'd have to get up bright and early...probably before daylight.

ANNOUNCER: The inspectors go right into the pens, I understand, Mr. _____.

INSPECTOR: That's necessary...in order for the doctors -- the veterinarians -- to observe the animals both in action and at rest.

MEMBER: What do they do with the ones that look or act diseased?

INSPECTOR: One of 2 things...if the doctors are certain an animal is diseased, it's marked with a tag saying, "U.S. Condemned," and sent to a special building where it can't contaminate any other animals.

ANNOUNCER: Is it killed?

INSPECTOR: If the animal has a curable disease, its owner may take it home for treatment. If not...it's killed, disinfected and used for fertilizer.

ANNOUNCER: And if the "vet" isn't sure the animal is sick, then what?

INSPECTOR: It's tagged "U.S. Suspect" and examined more carefully in another place.

MEMBER: The isolation ward, I suppose.

INSPECTOR: Isolated, anyway.

MEMBER: Let's get back to the healthy cattle.

INSPECTOR: Steers, sheep or hogs...they all get thorough examinations, both before and after killing.

ANNOUNCER: In large plants one inspector probably examines the head and another the heart and lungs and so forth.

INSPECTOR: You have the idea.

MEMBER: I see why you thought I might not enjoy a trip through a meat packing plant.

INSPECTOR: It's not a pretty sight, of course. But you'd be amazed how fast those carcasses move along...and how orderly and clean everything is kept.

ANNOUNCER: I don't see how it can be very clean.

INSPECTOR: Everything is scrubbed to the 'nth degree...walls, floors... and you should see the equipment!

MEMBER: Sounds like an efficient place.

INSPECTOR: Efficiency and cleanliness...they are the two things that impress most people who visit a Federally inspected meat plant.

MEMBER: Are the inspectors responsible for all that?

INSPECTOR: Not altogether. The packers are just as interested in wholesome, clean meat as the Government is. Their reputation and business depend on it.

ANNOUNCER: Not all plants use Federal Inspectors, I understand.

INSPECTOR: If a packer does not sell meat in another state...he's not subject to the Federal inspection laws, of course.

MEMBER: I would think that the states should have inspectors, too.

INSPECTOR: Some states have very high standards for meat packing plants. Other states have been slow to pass any regulations.

MEMBER: I'd like to be sure I'm getting Federally inspected meat... even the little I find on the market now.

ANNOUNCER: I thought most of the meat from Federally inspected plants was going to the armed forces.

INSPECTOR: Most of it is.

ANNOUNCER: How about all that canned meat that we're sending to the men... is it inspected, too?

INSPECTOR: Indeed it is. Every pound of meat bought for our soldiers and sailors and marines is scrutinized by an inspector and approved before it leaves the packing plant.

MEMBER: Even the wieners and cold cuts, Mr. _____?

INSPECTOR: Yes, Ma'am...even the sausages, hams, canned meats...everything made from meat must be approved before it leaves the plant. The meat supply for our huge armies and navies must be guaranteed wholesome.

MEMBER: Absolutely. Even if we civilians don't get as much meat as we want, I think it's imperative that high standards be maintained for our men at war.

ANNOUNCER: It's true that during emergencies we have a tendency to lower our standards.

INSPECTOR: We can be very proud of the improvements made during the last 40 years in our meat packing plants.

MEMBER: Just to know they are kept so clean is worth a lot to me.

ANNOUNCER: This entire discussion has been valuable...illuminating as far as I'm concerned. You've done a fine job, Mr. _____, in explaining how Federal meat inspection started, how it developed, and the fine service it gives the packers and the people. Thank you very much. And you, too, Mrs. _____... for initiating this program.

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE presented by Station _____, in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

-oOo-

(An exclusive service to local nutrition committees in)
(cooperation with the State and National Nutrition Pro-)
(gram, War Food Administration.)

RSS-51-1945

FEDERAL MEAT INSPECTION OFFICES IN MIDWEST AREA

Illinois

Mr. C. V. Didlock
c/o Mickelberry's Food Products
Bushnell, Ill.

Mr. E. A. Boyer
239 Stockyards Station
4101 So. Halsted St.
Chicago, Ill.

Dr. A. N. McGregor
211 Stockyards Station
4101 So. Halsted St.
Chicago, Ill.

Dr. C. D. Bailey
c/o Rose Packing Co.
Danville, Ill.

Dr. John J. Evans
c/o Titzel & Lloyd
Paris, Ill.

Dr. V. W. Routzong
c/o Armour & Co.
Peoria 2, Ill.

Indiana

Dr. M. R. Jollie
c/o Evansville Packing Co.
Morgan & Harriett Aves.
Evansville 4, Ind.

Dr. G. E. Aidman
c/o Milner Provision Co.
Frankfort, Ind.

Dr. H. Seevers
c/o Emge & Sons
Fort Branch, Ind.

Dr. G. A. Franz
323 Meridian Life Bldg.
Indianapolis 4, Ind.

Dr. C. L. Guinn
c/o Pearl Packing Co., Inc.
710 No. West St.
Madison, Ind.

Dr. C. L. Gegax
c/o Major Bros. Packing Co.
South Logan St.
Mishawaka, Ind.

Indiana (con't)

Dr. O. J. Schrag
c/o Kuhner Packing Co.
Muncie, Ind.

Dr. M. W. McGuire
c/o Home Packing Co.
Terre Haute, Ind.

Iowa

Dr. E. M. Berroth
c/o Wilson & Co., Inc.
Cedar Rapids, Iowa

Dr. C. T. Loy
c/o Kohrs Packing Co.
Davenport, Iowa

Dr. F. W. Dennie
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Des Moines 6, Iowa

Dr. G. W. Winkler
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Dubuque, Iowa

Dr. S. V. Ewers
c/o The Tobin Packing Co., Inc.
Fort Dodge, Iowa

Dr. M. L. Crans
c/o Swift & Co.
Marshalltown, Iowa

Dr. S. F. Griesemer
c/o Jacob E. Decker & Sons
Mason City, Iowa

Dr. C. L. Hall
c/o John Morrell & Co.
Ottumwa, Iowa

Dr. B. E. Robertson
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Stockyards Station
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Storm Lake, Iowa

Dr. E. W. Burke
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Dr. P. B. Moliter
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Rapid City, S. D.

Dr. J. A. Sullivan
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c/o Edgar Packing Co., Inc.
Edgar, Wis.

Dr. Charles Corson
c/o Liebmann Packing Co.
R.F.D. #1
Green Bay, Wis.

Dr. A. J. Noonan
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Dr. W. D. Foss
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Prairie du Chien, Wis.

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JUN 29 1945
U.S. DEPARTMENT OF AGRICULTURE

52

YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

WOMEN IN WHITE

in cooperation with

STATE AND NATIONAL NUTRITION PROGRAM

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE!

MUSIC THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents...FOOD MAKES A DIFFERENCE...a weekly feature on food to help you feed your family wisely and well. Our guests on the air today are Mrs. _____, chairman of the (local, county) nutrition committee, and another member of her committee, Miss _____. During the next few minutes they have promised to tell us about Women in White. The term, Women in White, may not be familiar to our listeners, Mrs. _____. Will you please tell us who they are?

CHAIRMAN: I'll be glad to. Women in White is a name given to the women... approximately 200 of them...who inspect processed food for the Government.

ANNOUNCER: And I understand they're called Women in White because they wear trim white uniforms on the job.

CHAIRMAN: That's right. Since they work with food one of their first rules is cleanliness.

MEMBER: The white uniform with the Department of Agriculture shield on the arm is like a symbol to me... a symbol that guarantees wholesome processed food.

ANNOUNCER: When you say processed food, do you mean canned goods?

CHAIRMAN: Partially yes, but canned goods is only one kind of processed food. Frozen, dehydrated, and dried foods are also processed.

ANNOUNCER: The Women in White inspect all of them...that is, all that the Governmeny buys.

ANNOUNCER: Just why does the Government inspect this food, Mrs. _____?

CHAIRMAN: Uncle Sam wants to get his money's worth just like the rest of us... so these Women in White sample some of all the food Uncle Sam buys... and their tests determine the quality of the food.

MEMBER: Let's put it this way...suppose a packer had 10,000 cases of canned peas set aside for Government purchase. He would notify the Army Buyer's oiffice, and that office would request an inspector to go to the packer's warehouse.

ANNOUNCER: Don't tell me the women wear white in a warehouse!

CHAIRMAN: They usually wear slacks when they get their samples, because the cases of cans are piled high, tier after tier...and they have to climb around and over the cases, to get cans from different sections of the stockpile.

ANNOUNCER: That's a fair way to get representative samples. About how many cans do the inspectors examine from a stock of say,..10,000 cases?

MEMBER: About 60 cans, I believe...then from the warehouse the inspectors take the cans of food to their laboratory.

ANNOUNCER: They must have laboratories set up all over the country.

CHAIRMAN: As I recall, the Department of Agriculture has equipped about 50 laboratories for this purpose.

MEMBER: Of course many of the processing plants have their own laboratories for food inspectors. We haven't told you yet about the continuous inspection service.

ANNOUNCER: Does continuous inspection mean just what it says?

CHAIRMAN: Exactly...from the minute the fresh corn or tomatoes are piled into the receiving room of a canning factory they are checked by an inspector.

MEMBER: And then the Women in White follow that produce through every step of the canning process.

CHAIRMAN: Cleanliness and efficiency are the two goals the inspectors watch for...that is, efficiency of workmanship.

ANNOUNCER: With inspection as efficient as that, the canned goods must be about perfect.

MEMBER: That's the goal--but inspection during the processing isn't the end of it, either.

ANNOUNCER: Really? What more can the inspectors do?

MEMBER: They take samples of the canned food to the factory laboratory and give them the same tests they give food that isn't processed under continuous inspection.

ANNOUNCER: What <u>are</u> these tests they give?

CHAIRMAN: The tests are different for different foods, but in general, the women inspect for wholesomeness and quality.

ANNOUNCER: That's a mystery to me...how do the inspectors agree on what to look for?

MEMBER: I asked about that, too, and found out that detailed standards for grades have been worked out by the United States Department of Agriculture.

CHAIRMAN: The canners and other processors have helped, too, you know. They have been working on these standards for about 15 years.

ANNOUNCER: I suppose they consider the color and the flavor...and the amount in the can...and what else?

CHAIRMAN: One of the first tests is to ascertain the keeping quality of the food. An inspector uses a little vacuum guage to check the absence of air in a can.

MEMBER: That test is very important because some of the food Uncle Sam buys must travel half way around the globe, through hot and cold climates.

ANNOUNCER: These inspectors must need a very specialized kind of training.

CHAIRMAN: Indeed they do. Most of the women are food experts even before they enter the processed foods inspection field.

ANNOUNCER: What else do they look for when they open the can?

MEMBER: They inspect the food for size, defects, maturity, for the sugar and acid content...and many other factors.

ANNOUNCER: Every food has its own standards and score card, I suppose.

CHAIRMAN: I believe the Department of Agriculture has set up about 75 standards with score cards...or grading sheets...for processed fruits and vegetables.

ANNOUNCER: Seventy-five! I had no idea we have so many processed fruits and vegetable items.

MEMBER: Yes, the total list of processed fruit and vegetable products runs into several hundred when you include those that are frozen and dehydrated.

ANNOUNCER: Scoring that food must be like giving an examination...and grading a bunch of papers. How do the scores run?

CHAIRMAN: Much like school report cards...the inspectors give an A for EXCELLENT... a B for GOOD...and a C stands for FAIR.

ANNOUNCER: That's easy enough to understand.

MEMBER: The government knows exactly what it's getting then, and pays accordingly.

ANNOUNCER: Does Uncle Sam buy some of all three qualities?

CHAIRMAN: Oh, yes...he buys just as any housewife buys for her family.

ANNOUNCER: You mean he buys peaches in the A class when he wants whole, perfect halves...and B peaches when he's not so particular about size and appearance..When would you use C peaches?

MEMBER: C peaches are just the thing for an upside down cake, for instance... or for pies or cobblers.

ANNOUNCER: You probably buy very few canned peaches of any quality now.

MEMBER: Practically none. The men in the services need them more than we do now. As for me, I'm planning to can my own peaches this year.

CHAIRMAN: I think every homemaker will put up all the fruit and vegetables she can this year. After the war is over...then we can buy them again, already canned, if we want to.

MEMBER: After the war I hope all processed foods will be plainly marked A, B, or C...so we can be sure of the grades we're getting.

ANNOUNCER: I think I've seen canned goods marked Fancy...Choice...and Standard. Is that the same as A, B, or C?

CHAIRMAN: Just exactly the same...any canner or distributor may label his fruit and vegetables, either with the A, B, or C method, or with the words... Fancy, Choice, and Standard...providing the product meets the Government standards.

MEMBER: If a canner just knew how much help it is in shopping...even with my favorite brands, I like to look for those familiar words...Fancy, Choice or Standard, then I know what I'm getting.

ANNOUNCER: Apparently Uncle Sam agrees with you...since he, too, buys according to the quality he needs. But what about the inspection service... will that go on after the war?

CHAIRMAN: It certainly will...Inspection of processed foods started before the war, you know...about 15 years ago when the canners wanted to use their stocks of canned goods for security on loans.

ANNOUNCER: So that was the reason...the bankers wanted an impartial judge to certify the quality of the canned food...before they lent money on it. That's good business.

MEMBER: So the Department of Agriculture trained inspectors for the job.

ANNOUNCER: Who paid for the service?

MEMBER: It's like this...the government set up grading standards, equipped the laboratories, and employes inspectors. Then the processors who asked for the services of an inspector paid the government for that service.

ANNOUNCER: Uncle Sam must have been thankful for that inspection service when he had to start buying so much food.

CHAIRMAN: Yes, he's kept the Women in White very busy. They practically follow the crops. Wherever food is grown and processed for the Government.... the inspectors aren't far away.

MEMBER: They're right in the middle of things in the plants that have Continuous Inspection...they number about 75 now, I believe.

CHAIRMAN: And most of these plants feel that the inspectors have been invaluable in helping to raise the sanitary standards of their plants...not to mention the higher quality of their products.

ANNOUNCER: Is there any way a consumer can know which foods have been processed under continuous inspection?

CHAIRMAN: There certainly is. On the can label...in an official shield...are the words: Packed under the Continuous Inspection of the United States Department of Agriculture.

ANNOUNCER: Whew! That's a mouthful.

MEMBER: But a mouthful of food that boasts a label like that is sure to be clean and wholesome.

ANNOUNCER: Right you are. This has been a most interesting disucssion, Mrs. _____ and Miss _____. It's a real satisfaction to know that all the processed food that goes to the armed forces is first approved by the Women in White. After the war we civilians will look forward to a similar service. Thank you for bringing us this information. You have been listening to _____, chairman of the (local, county) nutrition committee, and her co-worker, _____.

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...a service of Station _____ in cooperation with your (local, county) nutritioncommittee.

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JUN 29 1945
U.S. DEPARTMENT OF AGRICULTURE

YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

FIRST AID FOR SPRING MENUS -- BERRIES AND CHERRIES

in cooperation with STATE AND NATIONAL NUTRITION PROGRAM

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today Miss _____, one of the nutrition committee members, is here to talk about berries and cherries. How does the berry crop look this year, Miss _____?

MEMBER: This season, Mr. _____, berries won't be as plentiful as they usually are...I'm sorry to say.

ANNOUNCER: That's too bad. Strawberries are one of my favorite fruits. What's the trouble...weather or manpower shortage.

MEMBER: I understand that the shortage of help is one of the main reasons.

ANNOUNCER: Any perishable food, such as berries, must be harvested, packed and taken to market without any delay. And that means many hands for the job.

MEMBER: Hands that are already full and overflowing. Well, if we can't get all the strawberries we want, we'll really have to enjoy the ones we can get...and spread the good strawberry flavor as far as possible.

ANNOUNCER: A berry is only a berry...how can you spread the flavor?

MEMBER: You should have been listening in on a committee meeting I just came from. Two of the high school students and the home economics teacher were planning the menu for the (class, club) dinner party.

ANNOUNCER: I should have been there, and learned some new ideas for doctoring menus. With less meat these days, our spring menus need a little first aid.

MEMBER: First aid...that's just what berries and cherries can do for a spring menu. If you'd been at the meeting you would have heard something like this...(FADE OUT)

RUTH: (FADES IN)...I know you, Bill. You want the meal to end on a sweet note.

BILL: Sweet is right.

RUTH: Don't forget...we have to go easy on the sugar supply.

TEACHER: What's your favorite dessert, Bill?

BILL: That's easy...my favorite dessert is strawberry short cake a la mode.

RUTH: Oh, Bill, that sounds yummy. But can we get strawberries now, Miss _____?

TEACHER: Strawberries are not as plentiful this year as usual, and, of course, they are higher in price, too.

BILL: But we've got lots of money in the treasury, Miss _____. Let's get all we want, and have a real feast.

RUTH: Bill! We can't just gorge ourselves on food, especially food such as berries, when every one else wants some, too.

TEACHER: Let's think of some other desserts that we can make with strawberries.

RUTH: Yes, desserts that spread the strawberry flavor without using many berries. Mother makes a chiffon pie with berries that is dee-licious.

TEACHER: That's an idea. If we can't get strawberries we could use some other kind of berries.

RUTH: Red raspberry ice cream would be wonderful.

TEACHER: Or black raspberry tarts. But, of course, they take more fruit than a chiffon pie.

RUTH: A chiffon pie takes eggs, doesn't it?

TEACHER: Yes, but eggs are plentiful now.

RUTH: What's the matter, Bill? Why are you so quiet?

BILL: I'm just waiting till you women get through shopping around for dessert. A man makes up his mind early.

RUTH: A man takes the first thing he comes to.

TEACHER: We seem to agree on the berries, anyway, Bill. If we can't get strawberries, would you like a blackberry dessert?

BILL: Say, I just thought of something else that would be swell. How about a gooseberry pie? Doesn't that sound good?

RUTH: Now, who's shopping?

TEACHER: I doubt if we could get enough gooseberries, Bill. And besides, they take a lot of sweetening. We need to think of a dessert which calls for just a few berries, and not too much sugar.

RUTH: Just enough berries to get the color.

BILL: I'd like enough to taste...if you don't mind.

TEACHER: Strawberries are full of flavor, Bill. We could use a few strawberries in something...and spread the flavor easily.

RUTH: The question is what to put them in.

TEACHER: We could make a very nice frozen dessert with berries. Remember, eggs and milk are plentiful.

RUTH: How about a custard pie with berries on top:

BILL: Speaking of pies, how about a cherry pie? Oh, boy! Cherry pie is the queen of all pies.

TEACHER: I understand that frost damaged the cherry trees this spring. Cherries may not be any more plentiful than berries are.

BILL: This talk makes me hungry. Miss Chairman, I move we have fresh strawberry ice cream for dessert.

RUTH: I second the motion.

TEACHER: Perhaps we should amend the motion to read: "We'll have strawberry ice cream <u>if</u> we can get the strawberries." I'm sure we can get or make the ice cream. Right now is the peak of the season for milk, you know.

BILL: That makes the beverage easy...let's have ice cold milk to drink.

RUTH: We've certainly put the cart before the horse today.

BILL: Just like the girl who quit school to get married.

RUTH: How's that?

BILL: She put her heart before the course, you see.

RUTH: Oh, that's good. Well, what's the difference if we did plan the dessert course before the main course. We're off to a good start, anyway. (FADES OUT)

MEMBER: And now, Mr. _____ you have a real scoop on the menu for the (club, class) dinner party.

ANNOUNCER: A scoop of that strawberry ice cream would suit me fine right now. Say, that committee certainly had some good ideas for making the berries go farther...one-crust chiffon pies, frozen custards...they all sound good.

MEMBER: Yes, you can spread the flavor of berries in many ways. While they were talking I remembered a dessert I've made occasionally, called flummery.

ANNOUNCER: That's a new one to me.

MEMBER: It's very simple to make. When you are canning or preserving berries, sometimes you have extra juice left. You add a little sweetening to the juice, cook it with a cornstarch thickening, a pinch of salt, and a bit of lemon juice to bring out the flavor. And presto, you have a delicious pudding called flummery.

ANNOUNCER: Speaking of sweetening, what's the latest on the sugar situation... sugar for canning, I mean.

MEMBER: You probably remember...on May first...the sugar quota for canning had to be cut 25 percent. This means that the maximum allowance now for one member in a family is 15 pounds. The limit for a family... regardless of size...is 120 pounds for the canning season.

ANNOUNCER: What about sugar for preserves and sweet pickles?

MEMBER: Sugar for all your preserves, jellies, pickles and the like must come out of your canning allowance. Much as we like jellies and preserves to use as spreads...and relishes to pep up our meals...our main job is to put up as much fruit as we possibly can, with or without sugar.

ANNOUNCER: You mean little or no strawberry preserves? They take a lot of sugar, don't they?

MEMBER: Not as much as we used to think. You can make a very satisfactory preserve with three-fourths of a pound--or 3 cups--of sugar for each pound of fruit. And you could can 6 quarts of fruit with 3 cups of sugar.

ANNOUNCER: Couldn't honey be used to make preserves and jelly?

MEMBER: I'm glad you asked that question, Mr. _____. It's true that equal parts of honey and sugar do very well for preserves and jellies. Or you can use corn syrup. But you get better results if you substitute only one-fourth...instead of one-half...of the sugar with corn syrup.

ANNOUNCER: You're very encouraging. I must admit, I like a little jam or jelly with my bread.

MEMBER: Most people do...and although jellies and preserves aren't famed for their vitamin value they serve a useful purpose now since table fats are scarce.

ANNOUNCER: I thought strawberries were a good source of vitamin C.

MEMBER: Fresh, uncooked strawberries are an excellent vitamin C food. A half-cup of fresh strawberries will almost take care of the average person's daily vitamin C needs.

ANNOUNCER: But the berries must be fresh and uncooked?

MEMBER: Yes, both strawberries and raspberries lose a good share of vitamin C when they're cooked. But if you can get a few berries they are worth putting up because they add zest to a winter meal.

ANNOUNCER: You'd recommend, then, that we enjoy whatever fresh fruit we can get... make it go as far as we can...and if we are lucky enough to have some berries or cherries for canning...

MEMBER: Can them...by all means...with or without sugar...at least with only one-half cup of sugar per quart of fruit. Right now is a good time to make out a sugar budget, so you don't use it all on spring fruits and have none left for fall canning.

ANNOUNCER: Thank you, Miss _____, for your good suggestions. You're a true first-aider, you and the menu committee. You have been listening to Miss _____, a member of the (local, county) nutrition committee. Our other guests on the program were _____, home economics teacher at _____ school, and _____ who played the part of Ruth on the menu committee, and _____, our hungry Bill, who represented the fellows in this business of planning a party menu.

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...a service of Station _____ in cooperation with your (local, county) nutrition committee

MUSIC: THEME TO END

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

COUNT YOUR CANS--FILL THEM UP!

in cooperation with

STATE AND NATIONAL NUTRITION PROGRAM

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____...in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. On the air with me today are Mrs. _____, member of the _____ nutrition committee...and her guest, Miss _____ (home demonstration agent or similar authority). Mrs. _____ was just telling me that paper and pencil are the first tools you need when you decide to do some canning. Let's go into that a little further, Mrs. _____.

MEMBER: It's true, Mr. _____. When we don't figure ahead...on exactly what we want to can...we could easily put up too much of some vegetable, more than we really want...and not enough of something else.

GUEST: That certainly is possible, Mr. _____. I knew a woman who was offered two bushels of little red plums last summer. She thought it was her duty to can anything she could get...so she worked hard to can those plums...and used a lot of sugar, too. Before the winter was over her family had lost their taste for plums.

MEMBER: And I suppose some of her cans are still full of plums. She probably wishes they were empty so she could fill them with fruit they like better.

ANNOUNCER: I can see how that would be an unhappy situation. But how do pencil and paper help?

MEMBER: If a woman goes to the fruit and vegetable cupboard about this time of the year...and writes down the number of full jars remaining on the shelves, she has a pretty good idea of what to can for the coming season.

ANNOUNCER: Or maybe what not to can. What you're recommending is really an inventory, isn't it?...That's always a sound practice.

GUEST: A friend of mine has a clever system...sort of a daily inventory. In the fall when she finishes her canning she writes down the number of jars of peaches and beans...everything she canned and thumbnails the list inside the cupboard door. Then whenever she opens a jar she places a check after that particular fruit or vegetable.

MEMBER: So she can always tell at a glance just how much is left. That's an excellent scheme...a good tip for any one...old or new in the business of canning.

ANNOUNCER: I suppose a good many women canned for the first time last summer.

GUEST: Yes, and many others will have their first canning experience this season.

ANNOUNCER: What's your advice, Mrs. _____, to inexperienced women on the subject of what to can and how much?

GUEST: That depends on a good many things...such as size of the family, personal likes and dislikes...

MEMBER: And whether or not you have your own garden. If you have to buy fresh produce at a high price, it hardly pays to can a great quantity.

ANNOUNCER: Here's another question. Shouldn't the availability of fresh produce through the winter months be a factor to consider?

GUEST: (ADAPT TO LOCAL SITUATION) That's very important. Take our town, for instance. We can (or can't) get fresh vegetables here during most of the winter months.

MEMBER: So that certainly should enter into the question of whether to can or not to can...or what things to select for the cans that we fill.

ANNOUNCER: I believe this canning inventory you suggest is a good place to start... if you've done any canning before.

GUEST: And if a person hasn't canned, she can get some excellent help by writing to (State College of Agriculture at _____) for a pamphlet on (Canning methods and canning budgets).

ANNOUNCER: That's a valuable reminder...how and what and how much to can, according to family needs...and preferences, too. If I were doing the canning I'm afraid I'd want to fill up all the cans with tomatoes. Ummm, ummm, how I like tomatoes.

GUEST: I feel the same way about tomatoes. But your diet might be a little lop-sided, Mr. _____, before you finished the winter.

MEMBER: I hope you're not as hard to feed as another man I know.

ANNOUNCER: Oh, I really like most everything, Mrs. _____. Tomatoes happen to be one of my favorites. What's the story about the man who is hard to feed?

MEMBER: Well, he had grown up on a meat and potato diet. He wouldn't even taste most green and yellow vegetables.

ANNOUNCER: Then what happened? Did his wife start a garden?

MEMBER: No, he did. Don't ask me why. Just a patriotic urge, I guess. But he certainly learned to like his own vegetables.

GUEST: Perhaps he had never eaten garden-fresh vegetables before. Did they can some of their vegetables?

MEMBER: Of course. The man was very skeptical at first about eating them...but by the end of the winter he was really enjoying his vegetables...and eating a well-balanced diet, too.

ANNOUNCER: We've had too much lop-sided eating in this country.

GUEST: I agree with you. In addition to supplementing the nation's food supply, vegetable gardens and home canning have served another very important purpose. They have helped folks to like a well-rounded variety...well rounded in food value...and flavor, texture, and color.

MEMBER: A step ahead toward better national nutrition! I think the Basic Seven Wartime Food Guide of the War Food Administration is a big help, too, in food selection.

ANNOUNCER: Planning meals and planning your canning seem to go hand in hand, don't they?

GUEST: They certainly do. After a woman takes an inventory of her left-over canned goods...if any...and plans tentatively what she needs to can for next year, she's ready for the second step.

ANNOUNCER: What's that, Miss. _____?

GUEST: Another inventory.

ANNOUNCER: Again? This is getting to be a habit.

GUEST: Taking an inventory of one's supplies...no matter what they are...is a very good habit to form. This time I am referring to the canning equipment, such as pressure canner, jars or cans, lids and the like.

MEMBER: It's been my experience that when a piece of equipment, like a pressure canner, hasn't been used for several months it usually needs a careful once-over.

GUEST: You're right. The pressure gauge should be checked every year for accuracy.

ANNOUNCER: What about the people who don't have any canning equipment? Will there be any canners for sale?

MEMBER: A very good supply. About 600,000 aluminum canners will be placed on the market, I understand.

GUEST: Not all at once, however. Most of them will be 7-quart capacity, although I believe some of the 14-quart size will be available.

ANNOUNCER: I wonder if pressure canners will be rationed this year.

GUEST: I happen to know they won't be rationed. A certificate is not necessary to buy a canner this year.

MEMBER: Water-bath canners will be sold, too. At least I know that material has been allocated to make about 500,000 enameled water-bath canners... mostly the 7-quart size.

ANNOUNCER: I thought water-bath canners had gone out of style.

GUEST: Oh no,...far from it. Canning by water-bath is quite successful for processing tomatoes and acid fruits.

ANNOUNCER: Don't most people can tomatoes in tin cans?

GUEST: You can put tomatoes up in either glass jars or tin cans. Tomatoes are easy to preserve.

MEMBER: Folks are using more tin cans than they used to, I'm sure.

ANNOUNCER: Perhaps that's because so many families are using the Community Canning Centers.

GUEST: That may be...although you can use tin cans at home, too. If I recall the figure correctly, the manufacturers are planning to make about 47,000 of the hand-operated sealers for tin cans.

MEMBER: If they are making equipment to seal the cans they must be making tin cans, too.

GUEST: That's right. You should be able to get the tin cans you need this season.

ANNOUNCER: What's the score on glass jars this year? Will we have plenty?

GUEST: All we need, I'm sure. Restrictions have been lifted so that companies can make any style or size jar they wish.

MEMBER: Maybe I can get my old favorite again.

GUEST: Very likely you can. Jar rings, too, will be better than they were last year...or so they say.

MEMBER: Maybe so...but I think I'll soak the jar rings I use in soda...just as I did before...to take no chances about off-flavor.

ANNOUNCER: Is it safe to use the rubber rings left over from last season?

GUEST: Usually it is if the rubber rings have been kept in reasonably good storage...that is, not too dry, nor too damp.

MEMBER: I think it's a good idea...after a person has checked her equipment and is sure she knows what she needs...to buy supplies early, before you're actually ready to use them.

GUEST: That's an excellent suggestion, Mrs. _____. On a moment's notice one may get a chance to buy a bushel of corn or pears...

MEMBER: And what a grand feeling it is to know everything is all set to go.

GUEST: Fresh fruit and vegetables can lose a lot of food value while they sit, waiting while someone shops around for jars or tops.

ANNOUNCER: Be prepared! How's that for a good slogan for the women who plan to can?

MEMBER: That's good! Everybody will want to put up all they can possibly get this year...that is, all they can use...of both fruits and vegetables.

ANNOUNCER: I don't see how you can put up much fruit with the reduced sugar allowance.

MEMBER: When O.P.A. made the announcement May first, about the 25 percent cut, I felt pretty blue.

GUEST: Some of the rest of us had the sugar blues, too. But I decided to count my cans and not my can'ts, for there are tricks to every trade, you know. Some women put up fruit without any sugar at all.

ANNOUNCER: And sweeten it when they use it, I suppose.

GUEST: That's the idea. Or they should use only one-half of a cup of sugar to each quart of fruit...less than we're in the habit of using...but enough.

MEMBER: Let's see...if I'm allotted 15 pounds of sugar for food preservation, and use 10 pounds, I could put up 40 quarts of fruit, by using only a half cup of sugar per quart. That's quite a lot of fruit just for one person.

GUEST: Then you'd still have 5 pounds left for jellies, preserves, pickles and the like.

MEMBER: I can make my sugar go still farther by using a little corn syrup... maybe some honey.

ANNOUNCER: Does any one ever dry fruit nowadays?

GUEST: Oh yes...and I don't see why we can't. That's a good idea, Mr. _____, because the drying process doesn't require sugar, and when you prepare dried fruit for the table you use little or no sugar.

ANNOUNCER: Well, you ladies have certainly given me some good ideas...and our listeners, too, I hope.

GUEST: Thank you, Mr. _____. I sincerely hope every woman will count her cans and fill them up. We need to fill our cans and jars...and fill our shelves...with as many fruits and vegetables as possible.

ANNOUNCER: That's a real challenge. Count your cans and fill them up! Thanks to you both for your time and excellent suggestions. You have been listening to Mrs. _____, member of the (local, county) nutrition committee, and to Miss. _____, (official position).

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE presented by station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

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YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

FOLLOW THE MILKY WAY IN JUNE

in cooperation with

STATE AND NATIONAL NUTRITION PROGRAM

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____...in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today we plan to do a little eavesdropping. Three women who are neighbors get together twice a week to share a car for the trip to market. And today they are talking about a subject you and I are VITALLY interested in. I mean FOOD! Listen...

MARY: But Ruth...that doesn't make sense. I know that milk is a wonderful food, but it can't do everything.

RUTH: No, you can't expect milk...or any other food...to do everything. But milk does offer more to good nutrition than any other one food. So when I use plenty of milk in our meals I always feel safer somehow.

MARY: Well, I'm glad for the milk, of course. But that doesn't solve my meat problem.

SOUND: DOORBELL

RUTH: Oh, there's the door bell. It must be Helen.

SOUND: DOOR OPENING

RUTH: Come in, Helen. We're just making out our grocery lists. Do you want to sit down a minute till we finish?

HELEN: I'll be glad to...I'd like to make mine out too, although when it comes to planning the meat course nowadays I usually write down---OR this, OR that, OR something else.

RUTH: Mary and I were just talking about meat, Helen. You know we've always been able to get meat so easily, we don't realize how many other good protein foods there are.

HELEN: That's true, Ruth. I depend a lot on milk and eggs when I don't have much meat. Both milk and eggs are good protein foods.

MARY: My ideas of protein foods must be wrong then. To me, meat is protein and protein is meat.

RUTH: Oh no, Mary, you forget about fish and poultry...

MARY: Before we get into this any farther I may as well confess I'm not very sure what proteins are.

RUTH: The only definition I know is simply this: -- Proteins are the foodstuffs that build and repair the cells of the body. Is that right, Helen?

HELEN: I believe proteins have several functions in the body, but I don't try to remember what they are. I just know we have to have them for the normal growth and the upkeep of muscle tissue...lean flesh, I call it.

MARY: That brings us back to the original question then. What else...besides meat, fish and poultry...performs this function in our bodies?

RUTH: Any of the foods we've learned to call meat alternates during the war... milk, cheese, eggs and the dry bean family...all are good protein foods.

HELEN: As a matter of fact, milk, cheese, and eggs contain the same kind of protein as meat does. There are two kinds of protein, you know...animal and vegetable...complete and incomplete.

MARY: That's news to me. What vegetables have protein, Helen?

HELEN: All the seed foods contain protein. They're rich sources when they mature.

MARY: Did you say sea food or seed food?

HELEN: Sea food has protein all right...animal protein, the complete, efficient kind. But I said seed, S-E-E-D, seed foods, such as cereal grains and dry beans, dry peas and nuts.

RUTH: When we eat cereal with milk...then we get both animal and vegetable proteins, don't we?

HELEN: Yes...and that's the best way to serve vegetable proteins. The protein in seeds is more efficient in the body when it's combined with protein from an animal source.

MARY: I certainly live and learn.

RUTH: Soy beans and soya products are excellent protein foods...the best of the vegetable proteins, Mary. Have you ever tried any of them?

MARY: Yes, I've bought the prepared soya pancake and waffle mixes...several times. We like pancakes and scrambled eggs for breakfast.

HELEN: That's a good protein meal. The eggs complement the soy flour and make its protein more effective.

MARY: Pat me on the back, girls. In spite of my ignorance I'm doing all right by my family.

RUTH: My old standby is milk. As I said before if I have plenty of milk I don't worry too much about meat.

MARY: My family won't drink as much milk as I'd like.

RUTH: Have you ever offered them buttermilk?

MARY: No, I haven't. Butter milk is usually just skim milk, and I've never bothered to buy it.

HELEN: My goodness, Mary! Even though true buttermilk is much like skim milk which is a by-product of butter-making...it contains protein. Skim milk and buttermilk, either natural or cultured, are very valuable protein foods.

RUTH: Both cottage cheese and buttermilk are skimmed milk products...and they're very nutritious. We'll probably be able to get some today. They're point-free, too! Why don't you try some buttermilk, Mary?

MARY: Maybe I will, and if we don't drink it, I can always use it in biscuits or corn bread.

HELEN: You could get a lot of sweet milk into your meals, Mary, by cooking with milk.

MARY: Oh I do. We buy 2 quarts of milk a day for the three of us, and I don't have any trouble using it all. I even cook our cereal in milk, and make many desserts with it.

RUTH: I've been using the cream from the top of the milk bottle plus some whole milk to make ice cream.

MARY: Do you make it with eggs?

RUTH: Yes, usually. I think ice cream made of milk and eggs is a good, wholesome food.

HELEN: Of all the milk foods on the market, I like cottage cheese the best. We never get enough of it.

RUTH: I don't know any way to serve cottage cheese except with salad dressing and lettuce. What do you do with it?

HELEN: I use it as a salad, but I rarely prepare it the same way twice. Cottage cheese is so mild in flavor, you can combine it either with fruit or with vegetables to make delicious salads.

MARY: I'll take my cottage cheese well seasoned with chives and parsley. But green pepper and diced hard-cooked eggs with cottage cheese make a pretty and a tasty salad too.

RUTH: And high in the protein we've been talking about!

HELEN: Well, this is the time of the year to take advantage of the extra dairy products.

RUTH: I never think about dairy products as being seasonal. Is there a peak month for milk production, Helen?

HELEN: June is the big month, I believe.

MARY: Maybe we can get more cheddar cheese for a while then.

HELEN: Not much more, I think. Most of the processed cheese is going to the armed forces. Anyway, the labor shortage is so serious that much of the extra milk will be sold just plain -- as fluid milk, whole, skim, or buttermilk.

RUTH: In a few places milk production hasn't kept up with the increase in population. Some cities in certain parts of the country haven't had enough milk, just to drink...so I've heard.

MARY: We're pretty lucky then...to have enough milk and to have it delivered regularly, even if it is only every other day.

RUTH: I'd almost forgotten we ever had it delivered daily.

HELEN: We've changed our customs and habits in a good many ways since the war started.

MARY: Yes, haven't we! And the big change now seems to be along the protein line. I wonder if I have put all those protein foods on my list that you girls mentioned.

RUTH: Let's make a point of looking for protein foods today--the kinds that go easy on our red points! What do you have on your list, Mary?

MARY: For animal proteins, I jotted down: meat, fish, poultry, eggs, milk, cheese, buttermilk and cottage cheese. Did I miss anything.

RUTH: No, I think not. What's on your vegetable protein list?

MARY: I wrote down cereals, soy beans and soy products, nuts, dry beans and dry peas. That certainly sounds like a wide choice.

HELEN: Navy beans are going abroad right now, so I don't believe we'll find any of them. Some other kinds of beans maybe... or dry peas...they're easy to get, and good,too.

RUTH: With a choice like that we probably have all the protein we need...so when we can't buy as much meat as we're accustomed to buying, we can drown our worries in milk. But before my grocery list grows any longer, let's be on our way.

MARY: I'm ready...with cottage cheese and buttermilk heading the list.

HELEN: Destination: the Milky Way (FADES OUT)

ANNOUNCER: Let's say: DO IT THE MILKY WAY...during the month of June or as long as we have extra milk on the market. Use it and enjoy it. You have been listening to Mrs. _____, who took the part of Mary...to Mrs. _____, who voiced the words of Ruth...and to Mrs. _____, our well-informed Helen. Thank you very much.

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE presented by Station _____, in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

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in cooperation with STATE AND NATIONAL NUTRITION PROGRAM

VEGETABLES, VITAMINS AND VARIETY

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: Theme (10 seconds)

ANNOUNCER: Station _____..in cooperation with your (local, county) nutrition committee...presents...FOOD MAKES A DIFFERENCE..a weekly feature on food to help you feed your family wisely and well. Our guests today are Mrs. _____, chairman of the _____(local, county) nutrition committee, and Mrs. _____, one of the active committee members. Our subject is a triple-header, VEGETABLES, VITAMINS and VARIETY. Quite a mouthful, I'd say, Mrs. (chairman).

CHAIRMAN: And a very good mouthful, we think.

ANNOUNCER: Yes, I certainly agree that a variety of vegetables is a good mouthful...several mouthfuls, in fact. But, when it comes to vitamins... I don't pretend to know much about them.

MEMBER: But I'm sure you must know how important vitamins are, Mr. _____.

ANNOUNCER: Oh, I know we must have our vitamins, Mrs. (member). But the results of research of vitamins are far too complicated for an average person like me to understand. I eat a lot of vegetables and let the vitamins take care of themselves.

CHAIRMAN: The vegetable family certainly supplies us with a generous share of the vitamins we need...that's very true. But what the scientists have discovered about the vitamin content of food...and how to protect it...can be told in practical terms.

ANNOUNCER: That's what we want...vitamin information that's easy to understand.

MEMBER: In the first place, vegetables have the vitamins we need...but after we get the vegetables, then it's up to us to take care of the vitamins they contain.

ANNOUNCER: Now you have me. How can we take care of Vitamins? I thought they took care of us!

[illegible]

[illegible]

[illegible]

CHAIRMAN: Vitamins will take care of us...if we handle the vegetables correctly and don't let the vitamins slip away.

ANNOUNCER: Tell me this, Mrs. _____. How do these precious vitamins disappear?

CHAIRMAN: Scientists tell us that some of the vitamins are elusive little rascals that can be oxidized by air, or dissolved in water, or destroyed by the heat of cooking. All that is possible without your ever knowing it.

ANNOUNCER: So that's the inside dope. This subject of vitamins is too important for us to sidestep.

CHAIRMAN: I agree with you, Mr. _____. Vitamins are so essential to good health, no one can afford to ignore them.

MEMBER: Naturally, everyone wants to be well and strong...and you just can't enjoy the best of health unless you eat right...and part of eating right is getting all the vitamins you need.

CHAIRMAN: We know too much about the terrible results of undernourishment in Europe now...not to be impressed by the importance of food.

ANNOUNCER: Oh, I'm fully convinced that we can't expect efficient service from our bodies unless we nourish them properly...but I thought most people in this country eat pretty well.

CHAIRMAN: No, we don't have malnutrition to the extent Europe has, but even in America...too many people are right on the borderline of undernourishment and don't realize it.

MEMBER: And the slight difference between malnutrition and good nutrition may be just that difference between feeling so-so, and feeling like it's wonderful to be alive.

CHAIRMAN: And the short step over the border into the 'feeling grand' stage may depend on those few vitamins that sometimes escape from our vegetables.

ANNOUNCER: Now you're a little elusive.

CHAIRMAN: No, it's the vitamins that are elusive...they can slip away from us so easily. The worst thieves...as I said before...are air, heat and water. They can steal the vitamins from vegetables right under your nose.

ANNOUNCER: In that case, what can we do about it? How do you suggest we prevent the escape of these vitamin values in vegetables?

MEMBER: If you have a garden, Mr. _____, your job is easier to start with, because the sooner you eat your vegetables after they are taken from the garden the less time the vitamins have to escape.

ANNOUNCER: Do you mean to say that a mess of greens I cut in my garden and we eat for dinner the same day...has more vitamin value than greens some other folks buy in the market?

CHAIRMAN: That's the idea. Of course, the difference depends on when the market greens were cut and how they were handled.

MEMBER: The longer a vegetable sits around after it's taken from the garden, the less it will have of some of the vitamins.

ANNOUNCER: How about the vitamin loss for root vegetables that we store in our cellars?

CHAIRMAN: When vegetables must be kept for some time, the secret is to keep them in cool storage. Vitamin loss is retarded when vegetables are cold.

ANNOUNCER: Then you'd say the ideal way to get the most vitamins from vegetables is to eat them garden fresh.

MEMBER: You're off to a good start anyway. Cool storage for vegetables is just one way to safeguard the vitamins, you know.

CHAIRMAN: The vitamin values of vegetables depend on many other factors, too. For one thing, vegetables differ in vitamin value according to their maturity.

MEMBER: Yes...some vegetables gain in vitamin values as they mature or ripen...and some vegetables are higher in certain vitamins if they are picked at an immature stage. But once harvested, vegetables tend to lose their vitamins...that's certain.

ANNOUNCER: Well, I'm luckier than I thought to have a garden. Fresh vegetables to eat...and no vitamin worries!

CHAIRMAN: Don't be too sure, Mr. _____. If you eat your vegetables fresh from the garden, you're cutting off one escape route for those vitamins...that's true...but when you prepare your vegetables for the table, you may be opening other doors where the vitamins can slip right straight through.

ANNOUNCER: I suppose you mean that some of the vitamin value gets away when we pare and peel off the outside skins of vegetables, such as potatoes and carrots.

MEMBER: Yes, and some of the vitamin value is lost when we throw away the outside green leaves of cabbage and lettuce, too.

CHAIRMAN: That's right. The green leaves are much richer in Vitamin A value than the pale, bleached leaves on the inside of a head of lettuce or cabbage.

MEMBER: Sometimes we throw away vitamins in trimming vegetables, such as broccoli. Those dark green leaves that we often discard are richer in vitamin A value than the flower heads and stems.

ANNOUNCER: Well, that's a good thing to know. In these days when fresh vegetables are quite an item in the budget, it's time we catch on to some of these tricks.

MEMBER: We are foolish to pay money for good food...then pare and trim off some of the best of the vegetable.

CHAIRMAN: There's another trick to preparing vegetables...in order to retain as much vitamin value as possible. Sometimes we women like to have vegetables peeled and cut several hours before mealtime....

MEMBER: Especially potatoes and carrots...so we've been guilty of letting them stand in cold water...and drowning the vitamins. I know... I used to do that...but not any more.

CHAIRMAN: We certainly sacrificed the vitamin value of the vegetables that way.

MEMBER: Yes, when vegetables stand in water or are exposed to warm air for a time, their vitamin value decreases pretty rapidly.

ANNOUNCER: I wonder if I can ever remember all this. I still think this vitamin business is pretty complicated.

CHAIRMAN: Anyone can remember to eat vegetables while they're fresh...if possible.

MEMBER: And to store them in a cool place...when they have to be stored.

ANNOUNCER: And, of course, when it comes to cooking it's easy to remember... the less paring and trimming you do to vegetables the more vitamin value you get for your money. That's just common sense.

CHAIRMAN: Did I mention the advantage in cutting up vegetables for a salad at the last minute...instead of several hours before a meal?

MEMBER: Yes, I think you mentioned that the more you cut and slice vegetables, the more surface is exposed to the air, and the easier it is for vitamins to get away.

CHAIRMAN: Another manner in which vitamins disappear is through the cooking water...too much water and too long cooking...both are escape values for vitamins.

ANNOUNCER: And cooking too far ahead of meal time...is that a bad practice, too?

MEMBER: Very bad. The best system is to cook vegetables in as little water as possible, and to serve them right away.

CHAIRMAN: Of course, if any vegetable water is left, you can use it in gravy or soup. A good many women keep a jar in the refrigerator for just that purpose.

MEMBER: And here's another suggestion for saving vitamin value...by starting the vegetables in boiling water, not in cold water.

ANNOUNCER: Guarding these vitamins is some job, isn't it?

CHAIRMAN: Guarding your health is a big job, too.

ANNOUNCER: Yes, my health is mighty important to me.

CHAIRMAN: Everyone prizes his or her health. And I believe most people would prize their vegetables a little more highly if they knew that air and water steal some of the vitamin values... and heat, too, destroys vitamins.

ANNOUNCER: If a few vitamins can make the difference between glowing health and that so-so feeling, I know we'll all be on our guard when we serve vegetables...to eat them fresh, to eat some raw, some quick-cooked...and always to eat a wide variety.

Our thanks to you, Mrs. _____, and Mrs. _____, for this information on Vegetables, Vitamins and Variety. Next week at this same time, on this same station, we will go on with the story of vitamin values. Listen in to another broadcast of FOOD MAKES A DIFFERENCE. This is a regular feature of Station _____, in cooperation with your _____nutrition committee.

MUSIC: THEME TO END.

-ooOoo-

(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, War Food Administration.)

RSS-56-1945

YOUR NUTRITION COMMITTEE presents (Your copy for June 15, 1945)

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Food Makes a Difference

U.S. DEPARTMENT OF AGRICULTURE
AUG 28 1945

in cooperation with STATE AND NATIONAL NUTRITION PROGRAM

GUARD THOSE ELUSIVE VITAMINS

(This is a follow-up to last week's broadcast called "Vegetables, Vitamins & Variety")

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: Theme...(10 seconds)

ANNOUNCER: Station _____...in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today we plan to listen in on the conversation of three young people. Bill, who has just been released from the army, is back home for a few days. His sister, Dorothy, and her friend, Mary, who are attending summer school at the State University, are home for the week end. All three have been working in their Victory Garden. Here we are...on the veranda of their home.

DOROTHY: Come on, Bill. Be a pal and help me clip the ends off these green beans.

BILL: Okay, okay, Sis. What's the matter with Mary? She's certainly sound asleep.

DOROTHY: Don't wake her up. Helping us in the garden must have been too much for her.

BILL: How come you're having green beans for dinner? I thought Mary said she didn't care for green beans.

DOROTHY: Oh, I know...But I think she'll like these beans...the way Mother cooks them.

BILL: There's a world of difference in cooked vegetables...take it from me...I know. Army chow is okay...but it sure isn't Mom's cooking.

DOROTHY: Whose is, Bill? Most everybody's cooking is different. But there's even a difference in raw vegetables, too. Look at these beans, for example.

BILL: They all look alike to me...except in size.

DOROTHY: That's what I mean. An interesting thing about vegetables is the difference in the vitamin value of one green bean, for instance, compared to that of another green bean.

BILL: Are you kidding? Do you mean these beans in this pan that came from the same garden have different vitamin values?

DOROTHY: Possibly...I mean that the little ones...the green beans picked quite young...don't have the same vitamin value that the large, mature beans have.

BILL: Clarify...Dot...clarify.

DOROTHY: Well...in nutrition class...we've been studying about vitamins.

BILL: Good old vitamins...for vim, vigor and vitality.

DOROTHY: You're way behind the times, Bill. Vitamins are good for more things than you ever dreamed of when you read about them....way back in high school.

BILL: No doubt that's true, Miss Authority. What's the dope on green beans?

DOROTHY: Well, it's true, Bill, that all green beans <u>aren't</u> the same in vitamin value. Very young and very <u>green</u> beans are high in Vitamin A value and in riboflavin.

BILL: You mean something happens as the beans grow up?

DOROTHY: Yes, the vitamin values are sort of reversed. Mature beans are higher in thiamine and niacin...and lower in riboflavin and carotene.

BILL: What's carotene?

DOROTHY: Carotene is another term for Vitamin A value, Bill. I thought you knew that.

BILL: You surely aren't surprised at what <u>I</u> don't know about vitamins, are you?

MARY: (WAKING UP, TALKING SLEEPLILY AND SLOWLY) No, I'm not surprised.... Bill...at what you don't know. That puts us in the same class.

BILL: Sleepyhead-Mary. Wake up and join the work gang. Dot's trying to educate me on the subject of vitamins.

MARY: She'd better educate me, too. We have to take an exam on vitamins next week.

DOROTHY: That's a laugh. You know more about vitamins than I do....

MARY: Actually no one knows everything about vitamins...that's some consolation.

DOROTHY: When you realize how recently vitamins were discovered, and how our information has to be pieced together...by a bit of scientific research here...and a bit there...

MARY: It's like a jigsaw puzzle...

DOROTHY: With a lot of empty places.

BILL: And empty people. I'm starved. Let's make this bean business snappy.

MARY: Yes, let's. Bill will now put the snap into snap beans.

BILL: Just for that, I'll race you to see who finishes first.

DOROTHY: That's a good idea...provided you don't break off more beans than ends. The faster the beans move to the stove, the more vitamins we get, you know.

MARY: Right-o, Dot. Do you remember that study about the beans left at room temperature? They lost 30 percent of their Vitamin C content because they weren't kept cold.

DOROTHY: And other beans off the same vine, Bill, that were wrapped in wax paper and kept in the refrigerator, hadn't lost <u>any</u> Vitamin C, when they were tested at the end of 24 hours...and again, 48 hours later.

MARY: The way vitamins disappear under certain conditions is really rather fascinating.

BILL: Personally speaking, the sooner the beans disappear...inside of me, of course, the happier I'll be.

MARY: The general idea, Mr. Bill, is to prevent the disappearance of the vitamins before <u>you</u> get the beans.

DOROTHY: Another study you'd be interested in, Bill,...if you're in such a hurry...was made on the cooking of green beans.

BILL: Now you're talking my language...Basic and brief....

DOROTHY: Brief is the right answer all right...but seriously, Bill, in this particular study it was found that if beans are started in boiling water and cooked 30 minutes they lost only one-fourth of their Vitamin C content.

MARY: And the second sample of the same beans were started in cold water, weren't they?...and cooked for 30 minutes after the water reached the boiling point.

DOROTHY: That's right...and those beans lost two-thirds of their Vitamin C content.

BILL: This C vitamin is definitely unstable, I'd say...always doing the Houdini act.

MARY: Yes, but contrary to Houdini's style..once that Vitamin C value is gone no one can put it back.

BILL: There's no doubt about it, girls...air and water are the true culprits.

DOROTHY: Not necessarily. We're the real culprits if we give air and water and heat a chance to steal our vitamins.

BILL: Come, come now. Aren't you exaggerating a little? What if you do lose a few vitamins, there are more where those came from.

MARY: Believe me, if I went to the trouble of raising a garden I'd expect to get every vitamin coming to me.

DOROTHY: And if I bought my vegetables at the market I'd get the freshest vegetables I could find...garden fresh...

MARY: And I'd keep them in the coolest place. That's the rule....Keep vegetables cool.

BILL: I seem to recall something about not drowning vegetables in water...

MARY: That's right...No swimming under water <u>before</u> vegetables are cooked or during the cooking. Dot, isn't it the B vitamins that are not easily destroyed by heat, but <u>are</u> dissolved in the cooking water?

DOROTHY: Yes, I think so...but it's more practical to remember the general principle that vegetables should not be exposed any more than is necessary...to air, water and heat.

BILL: Right now, I plan to expose these beans to <u>both</u> hot water and heat

(FADES OUT)

MARY: (CALLING) Don't soak them.

DOROTHY: Start them in boiling water, Bill.

MARY: And not much of it, you know.

BILL: (COMING IN) Say, who's cooking these beans?

DOROTHY: Mother...I hope.

MARY: If that's the case, I'll relax and look forward to eating them. For some reason, I have a personal interest in those green beans.

BILL: I have an idea they'll soon have a personal interest in you, too.

MARY: That's why I like the study of nutrition. When I have my own home... if ever...I hope I take time to keep up on the latest discoveries about food values.

DOROTHY: Oh, you will, I'm sure. K'm sold on the importance of food in relation to good health.

BILL: Well, I'm sold on the importance of eating. You girls take care of the vitamins...and I'll agree to take care of the food.

ANNOUNCER: Just like every man...interested in food...But I think Bill was impressed, too, by the conversation about getting the most out of the vegetables. Members of our nutrition committee told us last week that it's a good idea to eat some raw vegetables every day, too. And according to the girls, even raw vegetables should be prepared just before you serve them...in order to take advantage of all the Vitamin C content. Then, when you cook your vegetables, cook them in the skins if possible, cook them quickly, and use as little water as you can. Guard those elusive vitamins...and they in turn will help safeguard your health. Our guests today were (name)_____, who played the part of Dorothy, and (name)_____, who spoke for Mary. The third member of the trio was (name)_____, our hungry Bill.

Listen in again next week to another broadcast of...FOOD MAKES A DIFFERENCE...presented by Station _____ in cooperation with your (local, county,) nutrition committee.

MUSIC: THEME TO END.

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(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition Program, War Food Administration.)

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Food Makes a Difference

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CURRENT SERIAL
AUG 28 1945
U.S. DEPARTMENT OF AGRICULTURE

in cooperation with STATE AND NATIONAL NUTRITION PROGRAM

"FRAGILE.....HANDLE WITH CARE"

Note: If a Federal-State fruit and vegetable inspectior is not available, perhaps a local grocer will voice the inspector's lines.

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____in cooperation with your (local, county) nutrition committee presents....FOOD MAKES A DIFFERENCE..... a weekly feature on food...to help you feed your family wisely and well. Today, we're going to give you some idea how carefully tomatoes are handled from the moment they leave the vine until they reach the consumer. But first, a little scene to tell you how tomatoes should not be handled. Just take a look any day into your favorite grocery store, and you'll see what I mean. (FADE)

1st SHOPPER: Look! Look at that woman taking the tomato out of the box.

2nd SHOPPER: And look at the way she's thumbing and pressing it. Goodness! When she gets through pinching it no one will want that tomato.

1st SHOPPER: And of course she doesn't want it. Watch her reaching for another box.

2nd SHOPPER: You'd think anyone would know how easily a tomato is bruised.

1st SHOPPER: I can usually judge a tomato.....just by looking at it. (FADE)

ANNOUNCER: So should everyone ....But to give you some idea how carefully tomatoes are handled until they reach the consumer, Mrs._____ Chairman of the _____nutrition committee, has invited Mr._____, a Federal-State inspector of fresh fruits and vegetables, to explain some of the complexities of marketing tomatoes. I suppose most of our tomatoes...that is, the shipped tomatoes....come from California and the southern states.

INSPECTOR: That's true, Mr._____. Of course right now...tomatoes are growing in home and truck gardens in almost every state in the Union.

CHAIRMAN: I understand that tomatoes rate as a top favorite with Victory Gardeners.

ANNOUNCER: I'm sure that's true. Just about every one I know with a square foot of soil and a ray of sunshine has a tomato plant or two.

CHAIRMAN: Home-grown tomatoes are wonderful to have. We're all trying to extend the season for our tomatoes as far as possible.

INSPECTOR: But after the home garden harvest, you're dependent again on the grocery store for your fresh tomatoes.

CHAIRMAN: And where did you say these commercial crops grow, Mr._____?

INSPECTOR: California, Florida and Texas are the big three states that ship tomatoes to the cold states. Louisiana and Mississippi do their share, too.

ANNOUNCER: I heard some place that Mexico and Cuba export some tomatoes into the United States. Is that so?

INSPECTOR: It is. Mexico and Cuba send us a good many carloads of tomatoes in mid-winter.

ANNOUNCER: I had no idea fresh tomatoes were shipped so far and so extensively.

INSPECTOR: Tomatoes have a good sale in a wide area now...With modern transportation facilities we can have fresh tomatoes all year around.

ANNOUNCER: It's lucky that green tomatoes travel so well.

CHAIRMAN: Do you mean that the tomatoes are picked green?

INSPECTOR: Oh, yes, Mrs._____. Ripe tomatoes are too perishable to ship far. We call these travelling tomatoes.... "green wraps."

ANNOUNCER: If they are wrapped when they're green....how do they ripen?

INSPECTOR: Perhaps I can explain better if I start at the beginning.

CHAIRMAN: All right, let's...I'm curious to know more about these tomatoes that are wrapped green.

INSPECTOR: Though they're green they're matured enough on the vine so they will ripen satisfactory.

ANNOUNCER: I see.....a "mature green" stage of ripeness. I suppose the pickers have to be professionals to tell when tomatoes are ready to be taken from the vines.

INSPECTOR: Yes, they usually are experienced. In the south several hundred families make it a business to follow the tomato crops. Some of them start down in Mexico and move north with the crops.

CHAIRMAN: Are they pickers, or do they sort the tomatoes....?

INSPECTOR: Both. Some work in the fields... and some in the packing houses. Experienced workers are very valuable.

ANNOUNCER: I presume the packing houses are located right in the tomato growing area.

INSPECTOR: In most cases they are. The tomatoes are taken to the packing house in boxes or baskets...loaded on trucks or wagons...but always handled with care because they bruise so easily.

CHAIRMAN: Do the tomatoes need to be washed?

INSPECTOR: Not usually....because the vines are staked so the tomatoes grow up and away from the soil.

ANNOUNCER: Then the first job at the packing plant is one of sorting, I suppose.

INSPECTOR: That's right, the tomatoes are sorted for size. In the well-equipped plants the tomatoes are then sized over belts...full of different size holes ...and then graded.

CHAIRMAN: How many grades of tomatoes are usually packed?

INSPECTOR: Two,...sometimes three. Most tomatoes are classified as U.S. number one and U.S. number two. Tomatoes in the number one class must be fairly well formed and not injured to any extent.

ANNOUNCER: By injured, I suppose you mean scars and bruises.

INSPECTOR: That's right. And of course first of all...the tomatoes for shipping must be mature...not over-ripe or soft.

CHAIRMAN: I've noticed that the kind of weather we have makes a great deal of difference in the quality of tomatoes we buy.

INSPECTOR: It certainly does. Sometimes objectionable spots won't even show up until after the tomato has ripened. It may have white scars, brown bruises and black spots.

ANNOUNCER: What? All colors but blue?

INSPECTOR: That's where the wholesaler comes in. He feels blue enough when the tomatoes don't turn out to be top quality.

CHAIRMAN: Another thing I don't understand is how a buyer in Michigan, for example, can know what he's getting when he buys green tomatoes all wrapped and packed down in Texas.

INSPECTOR: Well, I can explain that. When the tomatoes are ready the packer asks a Federal-State fruit and vegetable inspector to okay his tomatoes.

ANNOUNCER: That's where you come in the picture.

INSPECTOR: That's my job...inspecting for size and grade. An inspector takes samples here and there from the lot and certifies whether or not the load of tomatoes meets Government standards.

ANNOUNCER: So that's the way a buyer in Michigan knows what he's getting... He can depend upon these standard grades.

CHAIRMAN: Government standards for fresh fruits and vegetables are rather new, aren't they?

INSPECTOR: Not very. The first Government grades for fresh produce were issued during the First World War.

ANNOUNCER: I didn't know fresh produce had to be inspected.

INSPECTOR: Oh, inspection is not usually required. But most packers want their fresh produce certified.

CHAIRMAN: I can see why. The certification gives the packer a kind of guarantee with which to sell.

INSPECTOR: Exactly. That's the reason he's willing to pay for the inspection service.

ANNOUNCER: How many men are in this business of inspecting fresh produce, Mr._____?

INSPECTOR: There are probably around 2000 Federal-State inspectors. The Federal Government has set the standards. Then the states maintain the inspection service in cooperation with the Federal Department of Agriculture.

CHAIRMAN: After the tomatoes are inspected, and sold...then shipped several thousand miles to market, are they in pretty good condition when they arrive?

INSPECTOR: Ordinarily they are. If the tomatoes were mature and in good condition when they were packed, they can travel safely from Mexico to Canada.

CHAIRMAN: Do many of the tomatoes turn red enroute?

INSPECTOR: Yes, usually a few begin to turn red. But at their destination the tomatoes are carefully unpacked and unwrapped...The green ones are placed in the ripening rooms and the red ones are sold immediately.

ANNOUNCER: The ripening process can be hurried or slowed down, I suppose, by controlling the temperature of the room.

INSPECTOR: That's right...and the humidity is kept at 90 to 95 percent to insure well-ripened tomatoes.

CHAIRMAN: How long does it take tomatoes to ripen?

INSPECTOR: Tomatoes ripen best if they ripen slowly...about 65 degrees, I'd say. And at that temperature it takes from 5 to 8 days before the tomatoes are ready to go in the boats.

CHAIRMAN: In the boats? Are tomatoes moved to market in boats?

INSPECTOR: Not the kind you're thinking of, Mrs._____. The little boxes that hold 4 to 5 tomatoes are called boats.

CHAIRMAN: That's a new term to me. You mean the little boxes with the open tops?

ANNOUNCER: You ought to call those fancy open numbers....gondolas.

INSPECTOR: They're open of course to give the customer a tempting look.

ANNOUNCER: It seems right here we might summarize: After all that work, tomatoes deserve careful treatment at the customer's hands.

INSPECTOR: They certainly do. Tomatoes ought to be labeled: FRAGILE.... HANDLE WITH C RE.

CHAIRMAN: Tomatoes and other fresh fruits and vegetables are too valuable in our diet to waste any by careless handling.

ANNOUNCER: Because tomatoes are so important nutritionally...and because they fit easily into our meals, the Director of Home Food Supply in the Department of Agriculture is urging everybody to raise tomatoes for his own use both fresh and home canned. Those people who can't raise their own will have to depend on their grocers. Our thanks to you, Mrs._____, and to you, Mr._____, for telling us about the travels of a tomato....from the field to the market. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE, presented by Station_____, in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END

(An exclusive service to local nutrition committees in cooper-)
(ation with the State and National Nutrition Program, War Food)
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Food Makes a Difference

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STATE AND NATIONAL NUTRITION PROGRAM

in cooperation with

PEACHES...TO EAT AND TO CAN

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME..(10 Seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee, presents..FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our nutrition chairman, Mrs. _____ tells me she wants to talk about peaches today. I can't think of a more pleasant subject. And it must be important, too, because Mrs. _____ has invited two guests to join us on the air... Miss_____, our Home Demonstration Agent, (or Home Economics Teacher), and Mrs. _____ who has had considerable experience in putting up peaches. You ladies put them up and we men put them down. Isn't that right, Mrs. _____?

CHAIRMAN: Well, I do my share of putting them down, too, Mr. _____. Peaches have always been one of my favorite fruits.

ANNOUNCER: Peaches have been a favorite for several thousand years...I believe they have an Oriental background, don't they Miss (HDA) _____?

HOME DEM. AGENT: That's what Mrs. (homemaker) was just telling us. China is supposed to be the original home of the peach...sort of a peach paradise, didn't you say, Mrs. homemaker ?

HOMEMAKER: Well, something like that...I think the Chinese consider the peach as a symbol of long life and immortality.

ANNOUNCER: Wonderful! Another good reason for eating more peaches!

CHAIRMAN: Eating peaches..Mr. _____..both fresh and home-canned peaches...won't be any myth this summer.

ANNOUNCER: I'm glad to hear that...I was afraid that freeze last May would cut the fruit crop down considerably.

HOME DEM. AGENT: That freeze was destructive in a good many sections of the country Mr. _____. In Michigan and Ohio...in New York, Maryland and several other states the peach crop will be below average.

CHAIRMAN: Speaking of Maryland, I think Maryland is usually credited with the first commercial peach orchard in this country...planted about 1875.

HOMEMAKER: Isn't it interesting to look back a few years...when the only orchards that concerned us.. I mean vitally concerned us were the trees in our own back yards.

ANNOUNCER: And now a killing frost hundreds of miles away has a real...a personal meaning to each one of us.

CHAIRMAN: Well, fortunately, the peaches in the southeastern states were not damaged. They've had the largest peach crop on record.

HOME DEM. AGENT: And the Government is cooperating with the orchard men in a tremendous effort to market those peaches..in as many states as possible...even west of the Mississippi.

HOMEMAKER: California is a big peach state, too...largely clingstone peaches. But I believe the clings are usually reserved for commercial canning, aren't they?

HOME DEM. AGENT: Partly for canning, and partly for drying...However, California ships considerable fresh peaches, too...to western and midwestern markets.

HOMEMAKER: Well, plenty of peaches for canning..wherever they come from...that's what I'm interested in.

CHAIRMAN: It certainly pays to be...if you like fruit.

ANNOUNCER: Right now, a number 2½ can of peaches is worth 80 points...I know... I tried to buy one. (Note: Broadcasters should check latest OPA point-value chart in case this figure is changed.)

HOME DEM. AGENT: The ration value of a commodity is a pretty dependable barometer.. when you want to know what the supply is.. The higher the point-value, the scarcer the article.

CHAIRMAN: And in view of the military needs, it seems likely that the point value of canned peaches, and some other fruits will remain high.

HOMEMAKER: That's what a lot of women would like to know, Mrs. (chairman).

CHAIRMAN: Well...no one can say for sure, of course. But the department of Agriculture keeps urging us to can...to can both fruits and vegetables, if possible...just to be on the safe side.

HOMEMAKER: I've always canned some fruit every season...but in my opinion, it's more important than ever this year to put up food of all kinds.

HOME DEM. AGENT You're absolutely right. And at present peaches look like the best buy along the fruit line.

HOMEMAKER: Peaches are easy to can, but I don't think it's always easy to select the peaches that are the best for canning.

HOME DEM AGENT Well, you want to select fairly firm peaches, of course....

ANNOUNCER: With a beautiful, rosy blush....that's my idea of a perfect peach.

CHAIRMAN: You might get fooled, Mr._____. Sometimes beauty is only skin deep, you know.

HOME DEM. AGENT: Mrs. (chairman) ____is right. You want to consider the background of a peach...the background color, I mean. It should be whitish or yellowish, rather than a pale green.

HOMEMAKER: I agree with you there...I've found that peaches bought while they're green don't ripen very well.

CHAIRMAN: Mature, ripe peaches have another point in their favor, too. The ascorbic acid content...in other words, the amount of Vitamin C..... increases as peaches mature.

HOMEMAKER: That's worth knowing.....And how about flavor...that's the quality I look for in peaches.

HOME DEM. AGENT: You usually find top quality flavor in well ripened peaches. But of course you have to be careful not to buy bruised peaches.

CHAIRMAN: Badly bruised peaches are wasteful to buy....because the flesh underneath the bruise will be soft and discolored.

ANNOUNCER: That reminds me...I've been wondering how you keep peaches from discoloring when you can a big batch, Miss(HDA) ____?

HOME DEM. AGENT: Most women make a solution of one gallon of water, 2 tablespoons of salt and 2 tablespoons of vinegar...Then they dip the peeled peaches in that solution.

HOMEMAKER: That's the system I use when I work alone...but when two of us peel, the peaches don't have time to darken.

CHAIRMAN: Peeling peaches is rather fun, I think. When you dip them in boiling water a minute or two, then quickly into cold water, the skins slip right off....just as easily...and the peaches look as smooth as balls.

HOME DEM. AGENT: And peaches are easy to can...as you said, Mrs.(homemaker). They don't need to be processed long...only 20 minutes in a hot water bath.

HOMEMAKER: That part of the job is simple compared to the sugar question. I wish I knew some sugar short cuts.

HOME DEM. AGENT: Perhaps I can suggest several, Mrs.(homemaker)_____. Have you ever canned any peaches without sugar?

HOMEMAKER: No, I haven't...I've always thought sugar helped to hold the flavor of fruit.

HOME DEM. AGENT: Well, I agree with you there. And sugar helps to preserve the texture...and color of fruit, too. But in an emergency, you can put up some fruit without sugar.

CHAIRMAN: Especially if the peaches are naturally sweet....they not only keep well but taste very good.

HOME DEM. AGENT: Try it sometimes. Cook the peaches slowly with just enough hot water to keep the fruit from sticking to the pan...Then when you pack the halves into the jars cover them with their own juice.

HOMEMAKER: What if I don't have enough?

HOME DEM. AGENT: You can fill up the quart with boiling water. Of course, canning without sugar is only an emergency measure.

ANNOUNCER: If I can get a word in edgewise...speaking of measures...How much sugar do you usually use to put up a quart of peaches?

CHAIRMAN: The Department of Agriculture recommends as a wartime measure one-half cup of sugar to each quart of uncooked peaches.

ANNOUNCER: One-half cup of sugar to each quart....that doesn't seem like so much. Let's see...how many quarts do you ordinarily get from a bushel of peaches?

CHAIRMAN: Well....about 18 to 20, I think....24 at the most I'd say.

ANNOUNCER: Ummm....there are 2 cups to a pound...a pound would can 4 quarts. Why, it would take only 4 and one-half pounds of sugar to put up 18 quarts of peaches. That wouldn't make such a hole in the sugar sack.

HOMEMAKER: Hole in the sugar sack! Mr._____, don't even mention such a catastrophe.

ANNOUNCER: All right, Mrs._____. Let's talk about another subject. I've been wondering why you don't suggest drying a few peaches.

CHAIRMAN: A very good suggestion, Mr._____. You can dry peaches..... without sugar.....in the oven.....or in a dehydrator if you have one....or out in the open sun of course...if the climate is dry.

HOMEMAKER: I wonder how much sugar it takes to freeze peaches.

HOME DEM. AGENT: The syrup for one pound of sliced peaches calls for one-half cup of sugar to two-thirds of a cup of water. Freezing is a particularly good way to keep peaches, I think.

ANNOUNCER: Peach preserves...that's what I like...but I suppose they take to much sugar.

HOME DEM. AGENT: Most everyone likes a little spread for his bread...Of course peach preserves do take a good deal of sugar...and your sugar ration will save more fruit if you use it for canning instead of preserves and other spreads.

CHAIRMAN: You know the ration boards limit the use of canning sugar for these sweet products to 5 pounds per person for just that reason.

HOMEMAKER: Fruit butter is an economical spread to make...when sugar is a consideration. One pound of sugar will sweeten about 3 pints of peach butter.

ANNOUNCER: Well, you've certainly lifted my spirits as you paint that optimistic picture of peaches and sugar. Peaches to eat....and peaches to can, and some for peach butter, I hope. Every homemaker will want to take advantage of this big crop of luscious fruit, and store it away...both fresh and canned. Our thanks to you for the good news you brought us. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE.....presented by Station_____in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

(An exclusive service to local nutrition committees in cooper-)
(ation with the State and National Nutrition Program, War Food)
(Administration.)

RSS-59-1945

YOUR NUTRITION COMMITTEE presents

Food Makes a Difference

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ASK ME ANOTHER
(Fruit and Vegetable Variety for Vitamin C)

ANNOUNCER: We bring you now....FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds).

ANNOUNCER: Station _____....in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our guests today are Mrs. _____, chairman of the _____ Nutrition Committee, and Miss _____, another member of the Nutrition Committee. Mrs. _____, you look like you just heard a good joke. Why don't you let us in on the laugh?

CHAIRMAN: I was just thinking of the expression on your face if I'd say to you ...sort of casually...How's your vitamin C today, Mr._____?

ANNOUNCER: How's my vitamin C today...Well, I'd probably be a little bewildered by such a question. Is that the latest thing in the way of greetings

CHAIRMAN: Not exactly..no..But it is a good question to ask yourself...and every day of the year at that.

ANNOUNCER: Every day? That might be a little monotonous. Do you ask yourself that question every day, Miss _____?

MEMBER: Well, not in so many words..But it's a good idea until you get the vitamin C habit.

CHAIRMAN: It is a good idea, Mr._____. You can't store vitamin C in the body, you know, not to any extent at least, so you need to develop a daily vitamin C habit.

ANNOUNCER: That's unfortunate...You might say, in that case, that we can't save any vitamin C for that rainy day...I mean, dry day. Say that bothers me a little. If I can't store up vitamin C what happens if I don't get oranges or grapefruit every day?

MEMBER: That all depends, Mr._____. You can get your vitamin C from a number of other foods, you know.

ANNOUNCER: Well...of course, if I stop to think..I know that other foods have vitamin C.

CHAIRMAN: It's perfectly natural, Mr._____, to think of citrus fruit first.. when you think of vitamin C..because citrus juice was the first known cure for scurvy..which is caused by a lack of vitamin C.

ANNOUNCER: Wasn't it a doctor in the British navy who first noticed that scurvy could be cured if the sailors drank citrus juice?

MEMBER: That's right. That's why British sailors are called Limeys..because they drank juice of limes.

CHAIRMAN: So it's easy to connect citrus fruit with vitamin C. You're not the only one, Mr._____, who forgets that vitamin C is found in rather a wide variety of foods.

MEMBER: Tomatoes, too, are one of our most dependable sources of vitamin C. Whether you eat tomatoes raw, cooked or canned..you get the benefit of the C vitamin.

ANNOUNCER: That's good to know. If we can't bank some extra vitamin C in our bodies..there's no reason why we can't build up a savings account on the kitchen shelf, is there?

MEMBER: A vitamin C savings account for a dry day! I never thought of my canned tomatoes that way..but I think it's a wonderful idea.

CHAIRMAN: You could include some canned orange and grapefruit juice on your vitamin C shelf Mr._____.

ANNOUNCER: I certainly would do that very thing. But of course, that's an emergency vitamin C supply. I like to eat fresh citrus fruit and tomatoes when I can get them.

CHAIRMAN: Well, right now, you can get both oranges and tomatoes.

MEMBER: A good many oranges on the market this summer are small...but they're excellent eating.

ANNOUNCER: And excellent drinking, too. The juice of the small California oranges seems especially sweet this season.

CHAIRMAN: During the summer months, you can get other fruits, too, that help take care of your vitamin C needs.

ANNOUNCER: How about peaches? We've been enjoying a lot of fresh peaches lately.

CHAIRMAN: Peaches have some vitamin C..well-ripened peaches, especially.

MEMBER: And cantaloupes, too..luscious, fragrant cantaloupes. They have a good supply of vitamin C.

CHAIRMAN: You're right..they are. Take a melon about five inches in diameter and cut it in four pieces. If you eat just one of the four pieces you get approximately one-third of the vitamin C you need for the day.

ANNOUNCER: That would be a pleasure..to get my vitamin C that way. Cantaloupes are mighty easy eating.

CHAIRMAN: This is the time of the year when we have a lot of good eating. No one needs to have any vitamin C worries now..if he takes advantage of the fresh fruits and vegetables..when they're in season.

MEMBER: Leafy green vegetables are extremely rich in vitamin C...if they are eaten raw or not overcooked.

CHAIRMAN: Greens---and broccoli are two of the best.

ANNOUNCER: I don't know why I thought about it..just now..but why don't you use the term, ascorbic acid, Mrs._____? Isn't it just another word for vitamin C?

CHAIRMAN: Yes, it is. Vitamin C and ascorbic acid can be used interchangeably. Why? Are you getting tired saying Vitamin C?

ANNOUNCER: No, not that. I was just thinking I should enlarge my vocabularly.

CHAIRMAN: All right, Mr._____. I'm willing. I started to tell you that a half-cup of cooked turnip greens more than furnishes the ascorbic acid a person needs for a day.

MEMBER: Cauliflower and cabbage, too, are good sources of Vitamin C... ascorbic acid, if you prefer, Mr._____.

ANNOUNCER: How do peas and carrots rate on the ascorbic acid list? They're two of my favorites.

CHAIRMAN: Peas and carrots contribute some Vitamin C...so do potatoes and sweet potatoes.

ANNOUNCER: Well, with a choice like that no one's diet ought to be deficient in Vitamin C, not if we eat our share of fruits and vegetables.

CHAIRMAN: It seems so...Yet surveys indicate that many people don't get enough ascorbic acid in their diets---because they don't eat four or more servings of the fruit and vegetable variety every day.

MEMBER: Of course, Vitamin C is not very stable.

ANNOUNCER: Oh, yes...Vitamin C is that 'here-again-gone-again vitamin, isn't it?

MEMBER: You might say Vitamin C is our touch-me-not vitamin.

CHAIRMAN: That's one way of putting it..I usually think of Vitamin C as being

allergic to heat, air and water.

ANNOUNCER: That isn't true of the C vitamin in tomatoes and citrus fruits, though, is it?

CHAIRMAN: No...tomatoes and citrus fruits have a natural acidity that protects the Vitamin C...But in non-acid foods, some of the Vitamin C is destroyed by the heat of cooking.

MEMBER: And sometimes the vitamin dissolves in the cooking water, so it pays to use as little water as possible in cooking.

CHAIRMAN: And it pays...in terms of ascorbic acid value not to expose your fresh fruits and vegetables to air...that is, not to cut them in pieces or slices and let them sit around in a warm place.

MEMBER: People who have Victory gardens are certainly lucky. There is very little vitamin loss if they hurry their vegetables straight from the garden to the table.

CHAIRMAN: And don't let them hobnob long with soaking, or cutting or cooking.

ANNOUNCER: I think green vegetables are much more palatable anyway if they're not overcooked.

CHAIRMAN: Most vegetables are more palatable...as well as more nutritious ...if they aren't drowned in water or cooked too much.

ANNOUNCER: Summer is a good time to eat more vegetables raw, too....saves cooking in a hot kitchen.

MEMBER: If you eat a few raw vegetables, some fresh tomatoes and green vegetables and fruit, too, Mr._____, you can always say 'Fine' ...to that question....'How's your vitamin C today?'

ANNOUNCER: You're right. And just for emergency's sake...I think I'll always have a shelf of canned tomatoes.

MEMBER: Home-canned tomatoes Mr._____?

ANNOUNCER: Certainly! Everybody's canning their own tomatoes this year.... if they possibly can.

CHAIRMAN: Home-canned fruits and vegetables will be mighty handy to have next winter.

ANNOUNCER: And in the meantime I hope everyone will want to get the Vitamin C daily habit. It ought to be easy with citrus fruits on the market.

CHAIRMAN: And tomatoes ripening on the vines....

MEMBER: And sweet melons and peaches ready for the table....

ANNOUNCER: And a garden full of vegetables....greens, peas, cauliflower, potatoes....It's easy to see that Vitamin C....or ascorbic acid ...is ours for the eating...if we take advantage of our gardens, melon patches, and orchards.

CHAIRMAN: Provided we also give Dame Nature a chance..and eat a wide variety of fresh fruits and vegetables.

ANNOUNCER: That will be a pleasure, Mrs.____. I'm grateful to you and Miss _____, for representing the _____Nutrition Committee on this program..and for giving us such good advice about Vitamin C. Listen in again next week to another program on FOOD MAKES A DIFFERENCE, presented by Station_____in cooperation with your _____ Nutrition Committee

MUSIC: THEME TO END.

(An exclusive service to local nutrition committees in cooper-
(ation with the State and National Nutrition Program, Depart-
(ment of Agriculture.

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"EVEN A LITTLE CAN GO A LONG WAY"

ANNOUNCER: We bring you now....FOOD MAKES A DIFFERENCE.....

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____.....in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE. A weekly feature on food to help you feed your family wisely and well. Today our Nutrition Chairman, Mrs. _____, has a pertinent and a personal discussion planned for us. She has asked two other homemakers, Mrs. _____, and Mrs. _____ to give us their close-to-the-heart opinions on this subject of sharing our food with our European neighbors. I understand you have a son in Europe, Mrs. (mother). You must be very eager for him to come home.

MRS. (mother) Oh, indeed I am, Mr. _____. When the war ended in Europe, I thought I couldn't wait till my son walked in our front door.... (thoughtfully)...But I know that the job over there is only partially done.

ANNOUNCER: You mean that we've won that part of the war...and now we must keep the peace over there.

MRS. (mother) Yes that's sort of what I had in mind. Through the letters I've read, I'm beginning to realize...that although the war in Europe is over as far as the fighting is concerned...the people in France, and Belgium, and Holland...and the other countries.... need our help now almost as much as they did when we entered the war.

ANNOUNCER: Do you feel that way, too, Mrs. (wife)?

MRS. (wife) I'm trying to look at it that way, Mr. _____, because my husband, too, is stationed in Europe. Mrs. (chairman) has an apt comparison that helped me to see it all in a little different light.

ANNOUNCER: What is the comparison, Mrs. (chairman)?

CHAIRMAN: Well, I sometimes think of the invaded countries as a man who has been attacked by a highwayman. And after we've disposed of the highwayman, we certainly can't leave the man he attacked to nurse himself back to health. He just isn't equal to it.

ANNOUNCER: You've surely put your finger on the tender spot, Mrs. (chairman)

MRS. (mother) I think she's right. And we must do more than administer first aid. We must do all in our power to prevent hunger in Europe until the people can begin producing their own food again.

ANNOUNCER: Theoretically, that's a fine idea. But to get right down to brass tacks...what can we do about it...we civilians over here in America?

CHAIRMAN: Plenty...In the first place, we've got to believe that they need us.

MRS. (wife) If I didn't believe it so deeply, I could make myself very miserable...wondering if my own children would get enough to eat... Because you know the drain on our own food supply is tremendous right now.

CHAIRMAN: Yes, that's true...heavier than it's ever been in the history of our country. Military forces still need tremendous quantities of food.

ANNOUNCER: On the other hand, we're raising more food, too, than we've ever produced before.

CHAIRMAN: Exactly...enough food, Mr. _____, so that we can feed our soldiers, have enough for our own families, and also share a little with our allies.

MRS. (Mother) We may not serve the same variety of foods now...in the same quantities...but I know I can serve meals that are just as nourishing and almost as pleasing as the meals I cooked before the war.

MRS. (wife) I think it takes a little more careful planning perhaps....to make our meals taste as good as they did when we had all the meat and butter and sugar we wanted. But it can be done....

CHAIRMAN: And actually, when you get right down to it...adjustments of that kind are no sacrifice.

ANNOUNCER: It seems to me we have such a wide variety of foods in the United States...we don't really miss these foods that are scarce...

MRS. (mother) At any rate, there's no need to miss them. It's just a matter of a little less of this and a little more of that.

ANNOUNCER: Speaking of that...let's take a look at the sunny side of our grocery shelves. What are some of the foods that are plentiful, Mrs. (chairman) ?

CHAIRMAN: That's a happy thought, Mr. _____. If you take a look at the cereal shelves...that's a corner where you can get a cheerful little eyeful.

ANNOUNCER: By cereals, Mrs. (chairman), do you mean flour and cornmeal?

CHAIRMAN: Yes, almost all kinds of cereal grains and their products except rice are plentiful now...breakfast cereals, meals, flours and bread.

MRS. (mother) It seems to me I couldn't cook without cereal foods. I use them for meat stretchers...you know, bread, oatmeal, macaroni, spaghetti, noodles and the like.

MRS. (wife) Oh, I do too. After all...cereal grains are very good sources of protein, that is, plant protein, aren't they?

CHAIRMAN: Yes, they are...and when you combine plant protein with just a small amount of animal protein such as meat, cheese, or eggs...or with milk ...you have a completely efficient protein dish.

MRS. (mother) There are so many good combinations of that kind. But of all the varieties I serve, I think my family likes best of all my stew with dumplings.

MRS (wife) The children's first choice is creamed chicken in a noodle ring... that is, it is when I can get a chicken...

CHAIRMAN: Hot tamales....made with cornmeal, you know...and a little meat filling is our favorite in the wintertime. During the summer we eat lots of plain mush and milk.

MRS. (wife) That's a dish I had sort of forgotten about. Think I'll try it for the youngsters some evening. I'm so glad we can get plenty of fresh milk.

CHAIRMAN: Yes, the country as a whole is fortunate on that score.

ANNOUNCER: I suppose your children like peanut butter, too, don't they, Mrs. (wife)?

MRS. (wife) Oh, they love it. I use peanuts and peanut butter in main dishes quite a bit. Peanuts and other nuts are a good source of protein, aren't they?

CHAIRMAN: Very good. So, if your youngsters get plenty of milk and some eggs...as well as nuts, beans, peas and whole grain or restored cereals...they'll get all the protein they need,

ANNOUNCER: And with greens they should have a square meal, I'd say.

CHAIRMAN: They certainly would. With green vegetables to bolster up the iron and vitamin content of meals...their nutritional health should be excellent.

MRS. (wife) To be quite frank...they may even get more protein than they actually need. Since we haven't had so much meat, I've made a special effort to use soya flour because I hear it's rich in a really good kind of protein.

MRS. (Mother) I bake with some soya flour, too. We think it improves waffles and muffins considerably....gives them a richer flavor and a browner crust.

ANNOUNCER: As far as I'm concerned, waffles are out for the duration...except when I can get a little sausage or bacon to eat with them.

CHAIRMAN: Waffles are a treat without sausage or bacon, and anyway a little of these flavorful smoked meats can go a long way, can't they?

ANNOUNCER: Yes...just a little satisfies...Even the fragrance of sausage or bacon cooking makes you perk up.

Mrs. (wife) One thing I've discovered only recently is how to cook out all the fat from meat...and then how to use it as a seasoning for vegetables.

ANNOUNCER: That's an art in which our grandmothers were experts.

CHAIRMAN: We could learn a lot from our grandmothers in making the most of the food we have.

Mrs. (mother) Most of us haven't needed to practice the thrift of our grandmother's day. But it's never too late to start, I suppose.

CHAIRMAN: I don't think we've begun to make the fullest use of our meat drippings in seasoning vegetables, making gravy, and frying mush or croquettes. If we learn to treasure all the meat trimmings too, we can spread our short meat rations into many more dishes.

ANNOUNCER: I think Europeans use their meat and meat drippings exceptionally well.

MRS. (mother) I know that people who eat in what we call foreign restaurants in this country, especially enjoy the meat dishes.

ANNOUNCER: It's been my experience that Mexican and Chinese dishes.... American, French and others, too...may be largely vegetables or cereals, with only a small amount of meat...And yet they are full of flavor and delightful to eat.

CHAIRMAN: Meat flavor and the flavor that fat gives to foods cooked with it...those are the qualities we want to stretch.

ANNOUNCER: I suppose that's true of sugar, too. My sweet tooth is almost hollow, Mrs. (chairman). Have you any suggestions?

CHAIRMAN: Oh my, yes...fresh fruits...while they're available...are my best recommendation.

MRS. (mother) I've found fresh fruits helpful, too. When I make an upside down cake with fruit, I just use less sugar and more fruit than usual. My family like it that way.

MRS. (wife) Honey and syrups...fruit spreads, too...should help to satisfy that hollow sweet tooth of yours, Mr. _____, don't you agree?

ANNOUNCER: I'm sure of it. I certainly don't need my sweet tooth filled.

MRS. (wife) We can always make a little go a long way...if we want to badly enough.

ANNOUNCER: And that's the job we face, Mrs. _____. When we make our food stretch here at home, we can make the balance go a long way..... overseas.

MRS. (mother) And who knows! This little bit of food we share now may go a long way toward making friends over there...and maintaining permanent peace.

MRS (wife) When I see my children growing taller...and think of their future... I'm glad to share a little food with the people they must live with in their grown up world.

ANNOUNCER: Thank you, Mrs. (wife) . And you, Mrs (mother) _____, for your practical suggestions and the challenge you give all of us. We're indebted each week to our (local, county) Nutrition Chairman, Mrs. _____, for bringing us valuable information and inspiration...on this program. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...presented by Station _____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

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(An exclusive service to local nutrition committees in cooper-)
(ation with the State and National Nutrition Programs, Depart-)
(ment of Agriculture.)

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NUTRITION PROGRAM

"FOOD RATIONING"

This script gives an opportunity for a representative of the OPA and a Nutrition Committee Chairman (or member) JOINTLY to answer some of the questions that seem to be troubling a good many homemakers. (See Column 1, Page 1, and Column 1, Page 2, of the July issue of the NUTRITION NEWS LETTER).

We hope that it will be possible to enlist the cooperation of a member of the local War Price and Rationing Board or a representative of a nearby Regional or District OPA Office for participation in this broadcas

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds).

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today our chairman of the _____ Nutrition Committee,, Mrs. _____, has invited Mrs. _____, a (town) homemaker...and Mr. _____, a member of the War Price and Ration Board, to give us some of the answers about food rationing.

Most women not only accept wartime rationing...but they're making the best of it, aren't they, Mrs. (chairman) ?

CHAIRMAN: More than that, Mr. _____. I think the majority of homemakers have found rationing both essential and helpful. But many of us believe that women can make even better use of their ration stamps, So I asked Mrs. _____ and Mr. _____

CHAIRMAN: (continued) to give us the benefit of their experiences.

ANNOUNCER: What is one of the most frequent problems in food rationing, Mrs. (Ch) ?

CHAIRMAN: Well, right off hand, I'd say that a good many women think they don't have enough red points.

ANNOUNCER: That's natural, isn't it, Mr. (Ration Board) ?

R B MEMBER: Perfectly natural with point values on meats, fats, and oils as high as they are now.

CHAIRMAN: The reason, of course, is that we civilians have less meat and fats to divide.

ANNOUNCER: That reminds me of a little boy I saw the other day trying to divide four apples among five boys. Finally, one of the boys had to run home to answer his mother's call...And all the others sighed with relief and helped themselves to an apple each...

R B MEMBER: That's okay for those four boys...but how about the other boy who got none? He was left out...just like lots of people would be now if we didn't have rationing.

CHAIRMAN: Exactly. And the ones left out would be the homemakers and workers who have to market late in the day...after others have first choice.

ANNOUNCER: Yes, that's the reason we have a rationing system...to divide our food more fairly.

HOMEMAKER: And we homemakers have to do some dividing, too. This business of spreading the points evenly through the month gives me a real work-out in arithmetic.

ANNOUNCER: It sounds easy enough to me...Doesn't each person start every month with 50 red points and 50 blue points?

R B MEMBER: That's right. Fifty points of each color become valid at the beginning of each month. But of course you may also have some left over from the preceding months...because every blue and red stamp is now "good" for four months.

HOMEMAKER: I'm glad the points are good for four months. Sometimes it gives me a chance to accumulate a few red points on the days when I can't get the meats or fats I want.

CHAIRMAN: I believe it helps to take a sort of inventory once a week... and actually total up the exact number of ration stamps that are valid at that time.

R B MEMBER: Then, of course, a homemaker will want to use first...the stamps that expire first.

HOMEMAKER: That's just what I do. I always clip the latest ration information from the newspaper and keep it with my ration book.

CHAIRMAN: Then do you refer to this clipping about rationing when you plan your meals and make out your market lists?

HOMEMAKER: That's the idea.

ANNOUNCER: I get it! We make the best use of our ration points if we budget them over a period of a week or a month.

R B MEMBER: That's an excellent idea. A method of that sort does away with that uncertainty you would otherwise feel toward the end of the month.

CHAIRMAN: It is an uncomfortable feeling, to say the least. And if you actually run out of red points, it's harder to plan well-balanced meals to please a family.

R B MEMBER: Judging from the questions I hear, homemakers would like to have some suggestions about planning meals...when they can't get

R B MEMBER: (continued) meat, for instance. Ideas for second and third choices, you know.

HOMEMAKER: Yes, I'm sure any help along that line would be most welcome.

ANNOUNCER: I think women as a rule are making a real effort to change their cooking habits to fit the food they are able to get.

CHAIRMAN: They certainly are. And they're trying out many new menu patterns, too.

HOMEMAKER: Some women like to take a small amount of meat and make it go a long way by combining it with another food, such as bread or macaroni or noodles...sometimes with vegetables.

R B MEMBER: And other women enjoy creating new and different dishes from some of the less familiar cuts of meat. What's your solution, Mrs. (Homemaker) when the meat counter looks like Mother Hubbard's cupboard?

HOMEMAKER: Well, it is sort of a challenge to a person's ingenuity, that's true. I've enjoyed trying out different fish recipes, for one thing.

ANNOUNCER: Fresh fish, Mrs. (Homemaker) ?

HOMEMAKER: Yes...usually. And of course I use eggs now, too, in main dishes...when I can get them.

CHAIRMAN: One kind of food you can get that helps to supplement the protein of meat is bread and cereals, flour and cornmeal, and all the other foods made from grains.

R B MEMBER: The nut family can contribute considerably to the cause of protein.

ANNOUNCER: And how about the big bean family?

CHAIRMAN: Beans...that is, dry beans such as soy beans and dry peas...are important members of the protein tribe.

HOMEMAKER: Are meals well balanced if we use beans and nuts and cereals as sources of protein?

CHAIRMAN: Yes...provided you include some eggs, cheese or meat in some of your meals...to make the protein completely efficient.

ANNOUNCER: I'm a great milk drinker. Doesn't milk add to the protein score?

CHAIRMAN: Oh, yes, of course it does. I just assumed that Mrs. _____ uses milk in every meal.

R B MEMBER: Planning meals sounds to me a lot like filling in a jigsaw puzzle.

HOMEMAKER: It is...you're right...and only the right foods fit in... if you finally come out with a picture of perfect nutrition.

CHAIRMAN: Yes, and in a time of emergency when you can't always get what you want in the way of food, it's more important than ever to know something about food values.

HOMEMAKER: I think the Basic Seven Food Guide, which you can get from the Department of Agriculture, is a big help to me. A glance at it each day often reminds me of some food I've forgotten to include in my meals.

CHAIRMAN: Thousands of women are using that Guide to help them plan meals.

HOMEMAKER: Another help in planning meals is to keep informed about the foods that are plentiful in the market. For example, most of the grocers in this locality have plenty of _____ this week. (check local supply.)

HOMEMAKER: If you do all that...and know, too, how to make the most of your ration stamps, I think the homemaker is doing a wonderful wartime job in feeding her family.

ANNOUNCER: And deserves a pat on the back, Mrs. (homemaker) .

R B MEMBER: She deserves two pats...if she's canning some food for next winter.

HOMEMAKER: Oh, I consider canning a very important part of my job. But I don't expect any pats on the back for that. Everybody who possibly can...is putting up some fruit and vegetables.

ANNOUNCER: Will you have enough sugar to can your fruit, Mrs. (homemaker)

HOMEMAKER: I think so...At least I'm learning how to stretch it as far as I possibly can.

R B MEMBER: We certainly need to make every grain of sugar count this summer.

ANNOUNCER: I'm not sure I understand this system of rationing canning sugar.

CHAIRMAN: You're not the only one. One question people ask me is why some families in one locality get more per person than families in another locality.

R B MEMBER: I think I can explain that. Every local Ration Board has a definite quota of canning sugar each month...The quota may vary from Board to Board...and from month to month.

HOMEMAKER: How is that quota determined?

R B MEMBER: When the District OPA office decides on the quota of canning sugar...for the local Boards...they consider several things.

HOMEMAKER: Such as what Mr. (R B Member) ?

R B MEMBER: Well, they figure on the fruit canning crops that are available

R B MEMBER: (continued) ...and they study last year's canning sugar needs.

HOMEMAKER: And if the folks in a locality have a community cannery...I suppose that too, is taken into consideration.

ANNOUNCER: So that's the way it works. I suppose a Ration Board fills applications for canning sugar as fairly as they know how... basing their decisions on the amount of sugar available.

CHAIRMAN: Well, the general aim is to get the sugar for canning to the families who will actually use it for that purpose.

R B MEMBER: That's right. And if every one applies for only the amount of sugar she actually needs for canning, I think most people will get enough.

R B MEMBER: (Note: Check with Ration Board and fill in correct figures). The maximum amount we can allow any one person is _____ pounds of canning sugar.

HOMEMAKER: We probably won't get that much, will we, Mr. (R B Member) ?

R B MEMBER: It's possible, but not likely...in view of the sugar supply. The average allowance for home canning will probably be more like _____ or _____ pounds a person this year.

HOMEMAKER: Well, it's amazing what you can do with a little sugar when you have to.

CHAIRMAN: Do you have some good ideas for stretching sugar, Mrs. (Homemaker) ?

HOMEMAKER: Nothing new perhaps. But first I estimated the number of quarts of fruit I wanted to put up this summer...and I figured by using only one-half cup of sugar to each quart of fresh fruit... and substituting a little honey or syrup for part of the sugar with some fruits, I can put up about as much fruit as usual.

CHAIRMAN: We just can't let any fruit go to waste. If it's necessary, we can put up some fruit without sugar, you know.

ANNOUNCER: And I suppose we could cut down on the amount of jellies and preserves we make...or make them less sweet.

HOMEMAKER: Well, we'll manage some way. Women usually do, you know.

ANNOUNCER: I sincerely believe that, Mrs. (Homemaker). And we certainly appreciate your help on the program today. And yours, too Mr. (R B Member). Our thanks to you, Mrs. (Chairman) for arranging this program.

Listen in again next week to another broadcastof of FOOD MAKES A DIFFERENCE...a service of Station _____, in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

(An exclusive service to local nutrition committees)
(in cooperation with the State and National Nutrition)
(Program, U.S.Department of Agriculture.)

RSS-62-1945

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N-O-R-T-H-E-A-S-T R-E-G-I-O-N

MAINE

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Federal Building
Presque Isle, Maine

MARYLAND

W. E. Harrison
801 Appraisers' Stores Bldg.
Baltimore, 2, Maryland

MASSACHUSETTS

H. S. Stiles
725 Appraisers Stores
408 Atlantic Avenue
Boston, 10, Mass.

NEW YORK

M. M. Thomas
Room 820 Federal Bldg.
641 Washington Street
New York, 14, New York

A. L. Thomas
Terminal Building, Room 300
65 Broad Street
Rochester, 4, New York

PENNSYLVANIA

E. R. Biddle
604-F, U.S. Custom House
2nd & Chestnut Sts.
Philadelphia, 6, Pa.

J. K. Boyd
501 Bessemer Bldg.
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FOOD MAKES A DIFFERENCE

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U. S. DEPARTMENT OF AGRICULTURE

STATE & NATIONAL

In cooperation with

NUTRITION PROGRAM

"SUMMERTIME IS MELONTIME"

NOTE: Attached is a list of the market News Men in this Region. If one of the men is not available to voice the words of the PRODUCE SPECIALIST, you might ask a well-informed produce dealer, or a teacher of vocational agriculture.

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME.

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our County Nutrition Chairman, Miss _____ has a guest with her today.....and she also seems to be hiding something under a basket. Perhaps you'd like to introduce your guest, Miss _____, and also throw a little light on that basket...

CHAIRMAN: I'll be glad to, Mr. (announcer) . I asked Mr. (Produce Specialist....title) because he has the inside information on our subject.

ANNOUNCER: And what is our subject, Miss (Chairman) ?

CHAIRMAN: Melons.

YOUR NUTRITION COMMITTEE presents

ANNOUNCER: Melons! Oh boy! I'd like some of the inside story on melons, too.

CHAIRMAN: Well, Mr. (teacher) is prepared to give you all you want from watermelons to honey-dews.

ANNOUNCER: Hm, hm.....I wish our listeners could see the array of these beautiful melons here in the studio. It's certainly not a dry subject we have today.

PRODUCE SPEC. No sir. And the history, too, of the melon family is full of juicy bits.

ANNOUNCER: I could take that two ways. Do you mean the melon family has a past?

PRODUCE SPEC. It certainly does. Melons have a big family tree...or I should say, vine.

ANNOUNCER: Well, melons don't lack for seeds to spread far and wide.

CHAIRMAN: The profuseness of their seeds may have been a help or a hindrance....I don't know about that. But the famous flavor of melons was familiar long before Moses lived.

PRODUCE SPEC. As I recall even Columbus liked melons so well he brought a few to this country.

CHAIRMAN: Well as far as I know, melons are just as welcome in a king's palace as they are at the most humble table.

PRODUCE SPEC. According to some accounts, the watermelon was a favorite of old King Tut's.

ANNOUNCER: I'm glad he had such good judgment...but I'll bet he didn't have as good a variety to choose from as we have here today.

PRODUCE SPEC. Sounds like a hint for a melon, doesn't it, Miss(Chairman) ?

CHAIRMAN: I'll tell you what let's do. If he can identify every melon here, let's give him his choice.

ANNOUNCER: Oh, but that isn't fair. Just the fragrance of these melons puts me under a sort of a spell. But I'll try. Now let me see. That must be a watermelon.

PRODUCE SPEC. I guess you can't go wrong on watermelons.

ANNOUNCER: Oh yes you can. I brought one home the other night that was so big it wouldn't fit into the refrigerator.

PRODUCE SPEC. Oh haven't you heard? Horticulturists have developed smaller watermelons now...little stream-lined numbers that will fit into a modern refrigerator.

ANNOUNCER: Yes, I know...and you can buy just a half a watermelon, too.....if you want to, but I'd be willing to dispose of that one before it even gets to a refrigerator. It looks ready to eat right now.

PRODUCE SPEC. It is . Lift it and see how heavy it is.

ANNOUNCER: So that's a good sign. Say, it is heavy for its size. How about that thumping busines...Is it just bunk?

PRODUCE SPEC. Not entirely, although thumping a watermelon isn't a very accurate way to select one. However, a good melon usually has a deep sound when it's thumped.

CHAIRMAN : I usually judge a watermelon by its color....a sort of lustrous green on a creamy yellow background.

ANNOUNCER: My personal preference is to plug a melon...and judge it by the deep red color.

PRODUCE SPEC. I know what's coming next. If you want to go that deeply into this subject, we'd better take that up later. Can you identify this melon, Mr. (Announcer)?

ANNOUNCER: Before we go any farther, I'd better get my terms straight. What's the difference between a cantaloupe and a muskmelon?

PRODUCE SPEC. That's easy. The muskmelon is the family name...and cantaloupe are just one branch of the family.

CHAIRMAN: Wasn't a cantaloupe a particular variety that grew in the gardens of an Italian castle called Cantaloupe?

PRODUCE SPEC. That's the story I've heard. But now the cantaloupe has come to mean any muskmelon with netting on its skin.

ANNOUNCER: That's a helpful tip. Then I'd say this melon is a cantaloupe

CHAIRMAN: We're making this job of identifying these melons too easy. Let's see if he can pick a good one.

ANNOUNCER: Now you have me there. Usually if a cantaloupe smells sweet and looks firm, yet not green, of course....I'll take a chance on it.

CHAIRMAN: Sometimes you can tell if a melon is ripe by shaking it. If the seeds sound loose that's a pretty good sign of a ripe melon.

PRODUCE SPEC. It isn't easy to select a ripe cantaloupe. But it should be firm...As you say...and well-netted. And a ripe melon usually has a slight golden color under the netting .

CHAIRMAN: Well so much for that variety. Now, Mr. (Announcer) , how would you classify this melon?

ANNOUNCER: Let me hold it. Maybe through the touch system I can... I can...Yes sir, I believe I have it ... It's a honey-dew.

PRODUCE SPEC. I can see you have it. I mean you're holding it...and firmly, too, but you're wrong about the variety. That's a honey-ball.

ANNOUNCER: A honey-ball! Well, what's the difference between a honey-ball and a honey-dew?

PRODUCE SPEC. A honey ball has a light yellow skin when it's ripe...and it's only slightly netted. Honey-dews have smooth skins that are very pale green to creamy white in color.

CHAIRMAN: I think one actually learns best to select good melons by experience.

ANNOUNCER: Well, you can't say I haven't tried to get a little experience today.

PRODUCE SPEC. Sorry I didn't bring a cassaba to show you. That's a fine melon too.

ANNOUNCER: I'm satisfied with these right here. Which of these two cantaloupes do you think is the better one?

PRODUCE SPEC. Both of them are good. One has salmon-colored meat. It's probably a westerner....and one is pink inside...likely it came from a southern field.

CHAIRMAN: Melons can be picked almost ripe today, and shipped to distant markets...and still they're in top condition when you eat them.

ANNOUNCER: When I eat them...Is that an invitation?

CHAIRMAN: Could be...my mouth is watering, too, looking at these melons.

ANNOUNCER: And smelling them.

PRODUCE SPEC. I believe Miss (Chairman) was planning to give us a good excuse for eating them, Mr. (Announcer) .

ANNOUNCER: I use the sugar bowl as my excuse. When sugar is scarce it makes a wonderful reason for buying more fruit " that doesn't need any sugar" to satisfy that desire for something sweet.

PRODUCE SPEC. A really ripe melon is something sweet...and no doubt about it.

CHAIRMAN: Melons satisfy when you're thirsty, too. At the beginning of a meal or at the end of a meal.

ANNOUNCER: Miss (Chairman) , have you ever tried a sweet, juicy melon...in between meals?

CHAIRMAN: Perhaps that's a bit of research we should go into...after I get a word in about vitamins.

ANNOUNCER: Go ahead.

CHAIRMAN: Well, it is a satisfaction to know that melons have some nutritive value as well as taste appeal. Muskmelons are a good source of Vitamin C.

PRODUCE SPEC. And since we need some Vitamin C every day of the year...we ought to take advantage of the fruits in season that supply that essential vitamin.

ANNOUNCER: Is the color of a muskmelon any indication of its vitamin value

CHAIRMAN: Yes it is...The yellow or orange heated melons contain carotene So they have Vitamin A value as well as Vitamin C.

PRODUCE SPEC. I believe watermelons contain smaller amounts of these two vitamins.

ANNOUNCER: But don't forget, Mr. (Teacher) , we usually eat larger servings of watermelons...that is...we do...if we get the chanc

PRODUCE SPEC. You know, if I didn't know better I'd think Mr. (Announcer) was hinting for a piece of melon.

ANNOUNCER: A piece of melon? Well...I would settle for a piece of each one.

CHAIRMAN: If I recall correctly, you agreed to identify each one.

ANNOUNCER: So I did...and I can, too. That's a watermelon. Those are cantaloupes...members of the muskmelon family. That's a honeydew...and this one is a honey-ball.

PRODUCE SPEC. Right on the ball, Mr. (Announcer). Let's give him a big juicy reward, Miss _____.

ANNOUNCER: Thanks a lot. I hope our listeners too can enjoy some good melon eating after hearing these suggestions for picking a good one...watermelon, muskmelon, or any member of the melon family...for the summertime is melontime. Thanks for coming up to the studio, Mr. _____, with these fine melons, and thanks to you Miss _____ for arranging this program. Miss _____, is chairman of our (local, county) Nutrition Committee, and Mr. (name) is (title).

You have just heard another in a series of weekly programs... on FOOD MAKES A DIFFERENCE, presented by Station _____ in cooperation with your (local, county) Nutrition Committee. Be sure to listen again next week at this time to.....

FOOD MAKES A DIFFERENCE.

MUSIC: THEME TO END.

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(An exclusive service to local nutrition committees in co-)
(operation with the State and National Nutrition Program,)
(U.S. Department of Agriculture,)

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U.S. DEPARTMENT OF AGRICULTURE

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In cooperation with

NUTRITION PROGRAM

"POOL YOUR SURPLUS FOOD FOR COMMUNITY USE"

ANNOUNCER: We bring you now.....FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____ in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our guests on today's program are Mr. _____, (President of the Chamber of Commerce or Superintendent of Schools or other prominent citizen); Mrs. _____, Chairman of the Nutrition Committee, and Mrs. _____, one of the committee members. Our subject concerns canning for a community food pool. And I know Mrs. (Chairman) is eager to get started.

CHAIRMAN: I am, Mr. (Announcer), because I feel that every hour we don't do something about canning means a wasted hour and wasted food.

ANNOUNCER: Well, it seems to me every woman I talk to is canning.

CHAIRMAN: I know...Many people are canning as much food as they need... for themselves...But even so...Almost every one who has a Victory Garden has grown a little extra that can be, and should be, put up for next winter.

ANNOUNCER: Do you mean...we should can more than we actually need?

CHAIRMAN: I think we must either can, or dry, or preserve by some safe method...all the fruit and vegetables that might otherwise go to waste...If not for our own selves, then we must save it for our community...for our School Lunch program (or other project of community-wide interest...)

ANNOUNCER: Well, that's certainly a new slant to me. What's your reaction to this suggestion, Mr. (President), about saving the surplus fruit and vegetables around (name of town) ...to build up a food pool?

PRESIDENT: It was a new idea to me, too, Mr. (announcer). But I think Mrs. (Chairman) is right. There's bound to be some home-grown surplus food in this community that will go to waste unless we make a concerted effort to get it used or saved.

MEMBER: You see, Mr. (Announcer), we're taking our cue from President Truman himself. He says the demands on our food supply this winter will be the heaviest since the war began.

ANNOUNCER: That's true, I know. Military needs for fruits and vegetables are tremendous because the supply lines to the Pacific are so long.

PRESIDENT: And when we actually know...ahead of time...that canned vegetables and fruits will be scarce on the grocers shelves, we certainly should make every effort to be prepared.

CHAIRMAN: You're absolutely right, Mr. (President)....Every can of food we stack up is just that much saved against a possible emergency.

PRESIDENT: We already have som food shortages here...and a food crisis in Europe. The food situation over there is desperate.

CHAIRMAN: Well, one thing is sure. We can't stand by and see a single tomato wasted, when some one....some place, may need it.

ANNOUNCER: I'd like to know...how you plan to get this surplus food canned, Mrs.(Chairman) ?

CHAIRMAN: To be quite frank, Mr. (Announcer)...we don't have much of a plan yet. We think the job must be done...and we want to help do it.

MEMBER: We know of other towns that are canning their home garden surpluses....And if they can do it, we can, too.

PRESIDENT: The first job is to find a place to can the vegetables.

CHAIRMAN: That shouldn't be difficult. We might use a school that has a kitchen.

ANNOUNCER: How about the _____Lodge Hall? It has a big kitchen.

MEMBER: Or maybe some of the churches could open up their kitchens for such a project.

CHAIRMAN: Of course, no matter where we work on food preservation, we must have some one in charge with canning experience.

MEMBER: Oh yes, that's very important. A canning project of this nature must be done under trained supervision.

PRESIDENT: Do you know of any one who could do that...if we get this rolling?

CHAIRMAN: I feel pretty sure we could get a Home Economics teacher (Or Home Demonstration Agent, or another specialist) to supervise.

ANNOUNCER: Well...I'd like to know just where you'll get the food and who will do the work. What if people are too busy to put up that extra quart for the community food pool.

CHAIRMAN: That's exactly the reason for this cooperative community effort. We believe there's surplus food that should be canned. and we think there are people who would can it. Our problem is to get the two together.

PRESIDENT: First of all, we must get a place and assemble the necessary equipment. Nothing elaborate you understand...Just safe. Then we need volunteers to work...even if they can help only a few hours a week.

MEMBER: And of course we must have a place where people can phone when they have an extra peck of tomatoes...or (local surplus)...or some other food they're willing to turn in to the Food Pool.

CHAIRMAN: I heard of a town in Indiana that wanted to do this same thing. And a woman who wasn't well enough to garden or can any food offered to take all the phone calls for the project.

MEMBER: That reminds me of another town that canned food for their school lunch program...in a very efficient manner.

CHAIRMAN: Are you thinking of the town where the school cook kept a record of the quantity of food she had used for the school lunches?

MEMBER: Yes, that's the one. On the basis of that record, the local nutrition committee planned a canning project...and divided the town into 9 sections with a chairman for each section.

CHAIRMAN: And the chairman was responsible for obtaining food for canning from her section, wasn't she?

MEMBER: I believe so...and when food was ready to be canned, each chairman notified the canning supervisor.

PRESIDENT: Did they have a separate committee for scheduling the volunteer workers?

MEMBER: Oh yes, the details were worked out very carefully. Of course, that particular town had a community canning center and so was all set for such a school lunch project.

PRESIDENT: Never mind...if we have surplus food that needs to be canned... we'll call up some Minute Men...and do a little Paul Revere riding all our own.

CHAIRMAN: That makes me think of an Ohio town where a group of a hundred or more business men worked like Trojans to garden and can food for school lunches. They put up thousands of quarts of fruits and vegetables for the schools.

ANNOUNCER: I heard a program on the air not long ago telling about a Community Canning Center in Washington, D.C. where a great many of the Government men and their wives go in the evenings to put up their fruits and vegetables.

PRESIDENT: Do they have to pay for the use for the cannery?

ANNOUNCER: No, they pay only for their cans...then they also donate ten percent of their finished canned goods for the Center to give to children's homes and other Washington institutions.

CHAIRMAN: Well, we don't have a community canning center to turn to now for this purpose. But I think we can manage anyway...if we pool a little equipment...and get organized quickly.

MEMBER: That's what a little town in Oklahoma did. Some of the busy women on farms were glad to give their extra vegetables and fruits. Pressure canners were brought to central places, and some of the women in town volunteered to help do the canning with the help of a Supervisor.

PRESIDENT: Well, I'm convinced this Community Food Pool is a good idea. We've got the food...And some one will need that food. Our job now is to get immediate action...to get committees working, and to get that food into cans.

MEMBER: If everyone digs in and helps, we can create a food pool that will pay big dividends in good eating and good health for our school children (or Children's Home or other group) next winte

ANNOUNCER: Could the Nutrition Committee take the responsibility of organizing the job?

CHAIRMAN: I think they could. But they would need the cooperation of many other local groups or agencies.

PRESIDENT: All right...Where do we begin?

CHAIRMAN: Well, first of all...We've got to get the organization set up.

MEMBER: Then...we must arrange for some system of knowing who has extra food.

ANNOUNCER: And we must locate people who will be willing to do the pick-up work.

PRESIDENT: We'll have to list our volunteer workers, line up a trained Supervisor, and arrange a working schedule. Say, why isn't this broadcast today a good place to get started?

CHAIRMAN: That's an excellent idea. Would that be possible, Mr. _____ (Announcer) ?

ANNOUNCER: Certainly, Mrs. (Chairman) . Everyone of you folks listening to this program...if you're willing to help on this community project, drop a card today to this station. Give us your name and address and tell us how you can best help.

PRESIDENT: We've set the stage today...and that's a good beginning. But let's not lose any time rolling this plan into action.

ANNOUNCER: You've been listening to your Nutrition Committee Chairman, Mrs. _____, and to Mrs. _____, a member of the Committee, and to Mr. _____, President of the Chamber of Commerce (or_____). We've been talking over ways and means for canning our surplus food from Victory Gardens and home fruit orchards.

Write to Station_____today and tell us what you can do to help. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE...presented by Station _____in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

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(An exclusive service to local nutrition committees in)
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POINT-FREE, CARE-FREE PICNICS

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____in cooperation with your (local, county) nutrition committee...presents FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Our program today will be a bit unusual. Mrs._____, our Nutrition Committee Chairman, has arranged for us to listen in on a family discussion. Oh, not the kind that makes you feel guilty of eavesdropping...but the kind of a conversation you might have in your own home. You see, the Jackson family has decided...as most families have done...to enjoy their vacations right at home this summer...And now they're planning a picnic for one of their holidays. Mrs. Jackson is talking up the joys of a porch party. But Mr. Jackson thinks a picnic isn't the real thing unless he can build a fire out in the big open spaces and rough it a little. Fifteen year old Philip has a different idea...And Mary Jackson... Well, let's see what they all have to say...

MARY: Oh Phil, your picnic ideas are practically pre-historic...

MR. JACKSON: No...He's only dreaming about our pre-war family reunions. He's remembering your aunt Polly's picnic hamper...always overflowing with fried chicken and country ham...

PHILIP: And double-rich chocolate cake with thick frosting...Oh Boy... And the best substitute Mary can offer for aunt Polly is a swarm of ants at the lake...ants that crawl...

MR. JACKSON: If I could have a thick juicy steak to grill, I'd be willing to endure a few harmless ants.

MRS. JACKSON: Well, I'm sorry, but a steak is out of the question because I can't spare that many meat stamps. Now if we had a porch party... we could have a big bowl of cold potato salad...

PHILIP: And how about some devilled eggs, Mother?...And peanut butter sandwiches...And maybe baked beans and tomatoes and...

MR. JACKSON: Hold on there...You're planning a feast...I thought this was to be a picnic.

MARY: I thought it was to be a vacation. With a menu like you want, Phil, Mother would spend her vacation cooking.

MR. JACKSON: Well, if you'll let me plan the menu...I'd suggest a fish fry out in the open...And I'll do the frying.

MRS. JACKSON: What else would you want with your fish...provided we can get fish?

MARY: I know...Let's go early...And build a fire on the beach and roast potatoes. They'd be wonderful with fish.

MRS. JACKSON: We'd need a tart salad...Made of lettuce or endive. Perhaps just cold tomatoes would answer the purpose.

MR. JACKSON: I think we could keep the makings for a salad cold...by packing it all in ice. Then we can wrap it in several layers of newspapers. They're good insulation.

PHILIP: Don't forget it takes gasoline to get to the lake.

MR. JACKSON: Yes, a little...But I've been saving 3 or 4 gallons a good while ...for an outing like this.

PHILIP: I wish Mother had saved enough meat stamps for a big hamburger fry.

MARY: Why Phil...I believe you're falling for our outdoor picnic.

PHILIP: I must admit a swim in the lake sounds good. And I can always eat more when I come home.

MRS. JACKSON: Well, Phil, there's really no reason why we can't take enough food on a picnic to fill you up.

MR. JACKSON: It looks to me like we have 4 definite wants here...And I think all 4 can be welded into one good picnic. I, for one, want to cook out...

MRS. JACKSON: And I want a menu that will be easy on the meat points.

MARY: I want a picnic without a lot of fuss...And Phil wants food...

PHILIP: And plenty of it...

MRS. JACKSON: I'll tell you what let's do.

MARY: Okay...What?

MRS. JACKSON: First, let's decide to cook our food out in the open instead of at home.

MR. JACKSON: Now you're talking.

MRS. JACKSON: And if I can get fish...and freeze it before we go...we'll do it.

MARY: And if not?

MRS. JACKSON: Maybe I can spare enough points for hamburgers.

PHILIP: Listen, Mother...Why can't we take a big kettle of spaghetti and meat balls?

MRS. JACKSON: Light on the meat and heavy on the spaghetti?

PHILIP: Sure...And we could heat it up on the fire when we're ready to eat. That would really hit the spot after a swim.

MR. JACKSON: I thought we just decided not to cook anything at home.

MARY: We did...And I think we should stick to it. If we want something easy, let's take frankfurters. And if Philip's going to be so hungry we can fill him up on canned baked beans...

MR. JACKSON: You make me hungry with all this talk. If you insist upon cooking at home maybe we'd better take some of that good macaroni and cheese salad you make. That's easy on your meat points...and easy to prepare.

MRS. JACKSON: Oh, you mean that macaroni, cheese and raw vegetable salad. Well...you're certainly full of ideas. You've started me thinking, too...

MARY: What's your inspiration, Mother?

MRS. JACKSON: If it isn't too hot to have the oven going I could make a loaf of nut bread the day before...You know, the quick kind made with baking powder.

PHILIP: And spread with plum butter...Hmmmm...I'm hungry right now.

MRS. JACKSON: And I'll tell you something else that would be good...That's cottage cheese salad.

MR. JACKSON: With plenty of green peppers...

MARY: And slices of cucumbers and radishes around the edge...

PHILIP: You people with your pretty salads...

MARY: I notice you always eat your share...

MRS. JACKSON: I'll make a good tart cooked salad dressing, and...

PHILIP: Do you know something we used to take on picnics?...And no one's even mentioned it.

MRS. JACKSON: What's that, Philip?

PHILIP: Meat loaf, with lots of onions and a little celery in it.

MRS. JACKSON: Well, I can make a meat loaf, if you like...if I can get a pound of ground meat...let's see. I believe my wartime recipe calls for 3/4 of a cup of soya grits and about the same amount of bread crumbs.

MARY: Don't you usually cook the onions first in meat drippings?

MRS. JACKSON: Yes, I do...And the celery...and sometimes some parsley. That gives the meat loaf a grand flavor. And I'll use some tomato juice, too...or maybe milk, or vegetable stock... whatever I have to make it moist.

MR. JACKSON: Well, I'd say we have more ideas than we know what to do with. But I'm going to hold out for fish...if it's available. Nothing like a fish fry to give you that back-to-nature feeling

MARY: Fish with roast potatoes and cold tomatoes...That's my first choice for a menu...point-free and care-free.

MRS. JACKSON: No one's even mentioned dessert.

PHILIP: I've been doing plenty of thinking.

MRS. JACKSON: We all like fresh fruit.

MARY: Let's make it ice-cold melon.

PHILIP: How are you going to keep it ice-cold?

MRS. JACKSON: We could put a melon in a tub with 10 or 15 pounds of ice... And set it in the trunk of the car. If we cover it with newspapers we could keep a melon cold for several hours.

PHILIP: Or if a melon were good and cold to start with, it would stay cold just wrapped in newspapers...But say, can't we take some cookies along too...just for good measure?

MARY: The sugar can is too low for making cookies Phil. But I could make some ginerbread, Mother, if we can get a box of ginger-bread mix.

PHILIP: Well, just so we have plenty of food.

MARY: Phil must think we're planning a French picnic.

PHILIP: What's a French picnic?

MARY: The word picnic comes from a French word, piquenique (peek-neek)...And means to choose a very little bit of almost nothing.

MRS. JACKSON: I suppose that's where we get the word "picky" for a small eater.

MARY: Probably...And maybe the word knick-knack comes from the same place.

MR. JACKSON: Well, that slant on the French meaning of picnic is a sobering thought. Knowing how short food supplies are in France and other parts of Europe, I think we'd better make this picnic menu very simple...holiday or no holiday.

MRS. JACKSON: We can do that and still have enough food. We can always eat the left-overs the next day.

PHILIP: That's okay with me...if there <u>are</u> any left-overs...which I doubt. (FADES OUT).

ANNOUNCER: Well, with all those suggestions for picnic menus it looks to me like the Jacksons or any other family...can enjoy a delightful holiday. Whether you serve a picnic party on the front porch or in the backyard...on the beach or in the woods.. you can make it point-free if necessary and care-free if you try. Mr. and Mrs. Jackson were voiced by Mr._____and Mrs._____. And Mary and Phil...By_____and_____. Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE, presented by Station_____, in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

(An exclusive service to local nutrition committees in cooper-)
(ation with the State and National Nutrition Program, U. S.)
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Food Makes a Difference

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STATE AND NATIONAL NUTRITION PROGRAM

TOMATO TIME IS ALL THE TIME

in cooperation with

ANNOUNCER: We bring you now...FOOD MAKES A DIFFERENCE.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station_____in cooperation with your (local, county) nutrition committee presents...FOOD MAKES A DIFFERENCE...A weekly feature on food...to help you feed your family wisely and well. Miss____, your committee chairman, tells me you may be seeing red before the program ends today. And she's not talking about rose-colored glasses. Let's listen, and find out what it's all about. You can picture Bill and Kitty, a newly married couple, cooling off on a front-porch-swing, and talking to their neighbor, Mrs. Yoder. Here they are...
(FADE).

BILL: Looks like this is a red letter day for us, Kitty.

KITTY: Red letter day is right! Did you ever see such beautiful red tomatoes! And I never would have tackled the canning job if it hadn't been for Mrs. Yoder.

MRS. YODER: Oh, that's nothing. I was glad to help you. To tell you the truth, I like to can tomatoes.

BILL: And I like to eat them, Mrs. Yoder.

MRS. YODER: I think you're sensible, Kitty, to put up all the tomatoes you and Bill can eat this winter.

BILL: And let me warn you...that's a lot of tomatoes, Kitty.

KITTY: Do you really think we can use more than 20 quarts for just the two of us?

BILL: Mrs. Yoder, it looks like you'll have to take this young bride under your wing...and tell her a few facts about men's appetites.

MRS. YODER: Well, if Bill likes tomatoes as well as my husband did, I think you'll need more than 20 quarts, Kitty.

KITTY: If Bill guarantees to eat them, I'm willing to put up some more.

BILL: Easy to can and easy to eat...that's tomatoes.

MRS. YODER: Yes, I doubt if there's any other vegetable or fruits as easy to put up as tomatoes.

BILL: The way you can roll off the skin after you dip tomatoes in hot water for a minute...that's what fascinates me.

KITTY: I like to fill up the jars with the hot red tomatoes and juice. They're so pretty...Oh I do hope they keep all right.

MRS. YODER: They will...Don't worry about that. You used only the firm ripe tomatoes. And then processing them in the hot water bath makes sure they will keep.

BILL: Itcertainly didn't take long to can them. Do you know...I'd like to have some tomato juice, too.

KITTY: That would taste good next winter...Wouldn't it be jolly to serve hot tomato bouillon when we have guests for dinner?

BILL: Do I have to wait till next winter...or till we have guests to get a glass of tomato juice?

KITTY: You may have some for breakfast, lunch and dinner...if you help me squeeze the tomatoes through a bag.

MRS. YODER: Oh no, Kitty...you don't use a bag for tomatoes. You're thinking of jelly. You put tomatoes through a coarse sieve or colander so you get all that good rich pulp. It doesn't take long to do.

BILL: I'll volunteer to push the pulp around. Say, I wonder if canned tomatoes lose much food value. Do you happen to know, Mrs. Yoder?

MRS. YODER: Tomatoes lose very little Vitamin C when they're canned, Bill. It's the acid in the tomatoes that protects the Vitamin C.

BILL: The same acid that whitened my hands, I suppose. Well, then to go a little farther. Is there any difference between the vitamin value of tomato juice and whole tomatoes?

KITTY: I guess Bill wants to get all that's coming to him.

MRS. YODER: I'm quite sure the Vitamin C in canned juice and whole tomatoes is approximately the same...although some Vitamin A may be lost when you discard the seeds and a little of the pulp.

KITTY: I'd forgotten that tomatoes have Vitamin A, too.

MRS. YODER: Yes, tomatoes are an important part of our meals...year in and year out.

BILL: How do you mean...important, Mrs. Yoder?

MRS. YODER: Well, you know as well as I...that we all need a certain amount of Vitamin C every day...and tomatoes are one of our best sources.

BILL: Well, for instance...if I drink a small glass of tomato juice, how much Vitamin C do I get?

MRS. YODER: A 5 ounce glass of tomato juice gives you about one-third of the Vitamin C you need for the day and about one-fifth of the Vitamin A.

BILL: Then I think it's a good idea to start right in eating tomatoes while they're easy to get. And I'll store up some Vitamin C while I can.

MRS. YODER: Oh but you can't do that, Bill. Your body hasn't any provision for storing up Vitamin C.

KITTY: That's my job, Bill, storing it up on the cellar shelves.

BILL: You sound like a good provider already, Kitty. In that case, I'll depend on you, not on the grocer's shelves...because I know that a large share of the commercially canned vegetables and fruits are going to the Army.

KITTY: And anyway, I <u>like</u> the idea of having our own canned tomatoes...

BILL: Just see what you've started today, Mrs. Yoder. Kitty will get so many tomatoes canned she won't know what to do with them.

MRS. YODER: Oh no she won't. And if she does, I'll give her some tips on what to do with tomatoes.

BILL: I don't have any trouble knowing what to do with fresh tomatoes. I could eat them 3 times a day...summer and winter.

MRS. YODER: Well, fortunately, the growing season for tomatoes <u>is</u> long. Even in the middle of the winter you can get hothouse tomatoes in some stores.

KITTY: But I'll be too busy next winter to shop around for fresh tomatoes, Bill. Just think of the convenience of having our own tomatoes. By the way, Mrs. Yoder, how did you say you use them...other than soup?

BILL: There!...The truth will out...I knew Kitty was canning tomatoes just because they look pretty on the shelves.

MRS. YODER: Never mind the reason, Bill...as long as she cans them.

KITTY: Oh I do know something we like that calls for canned tomatoes. That's chili con carne.

BILL: Sure, but for chili you need a sort of tomato puree, don't you?

MRS. YODER: Not necessarily. I think you can use either whole tomatoes or tomato puree for chili. Some women even make it with tomato juice.

KITTY: Did you ever dice cucumbers, Mrs. Yoder, and cook them in tomatoes?

MRS. YODER: Yes I have, and it's a very good combination.

BILL: But if you want a really good dish take a man's advice. Cut a fresh tomato in half...brush it with a little butter, sprinkle it with bread crumbs...and of course salt and pepper it well...then broil it for 10 minutes or so...under a hot fire.

KITTY: Did you say broil <u>it</u>? Listen, Mrs. Yoder, Bill ate 5 tomatoes the other night broiled that way.

MRS. YODER: They sound delicious. Bill would probably like baked tomatoes, too...baked with a stuffing.

BILL: Speaking for myself, Bill likes tomatoes...period. Say, Kitty, where did we eat that tomato and lima bean combination we liked so well?

KITTY: That was on our honeymoon. We ate it in a little French restaurant. And I believe it had pieces of stuffed sausage in it, too.

MRS. YODER: Tomatoes are certainly handy when it comes to making a little meat go a little farther.

BILL: That's advice we need.

MRS. YODER: Well, if I have only a small piece of beef or pork liver...or even one of the less tender cuts of meat...I often smother the meat with tomatoes. The acid in the tomatoes helps tenderize the meat. And of course for color and flavor tomatoes are hard to beat.

KITTY: That reminds me of a dish I'd forgotten about. Mother used to cut corn off the cob and cook it with tomatoes and meat drippings.

BILL: Tomatoes have "palled" around with a good many foods it seems to me.

MRS. YODER: Yes, I don't believe I could cook without tomatoes. They're good mixers and good extenders.

BILL: Tomatoes are a "natural" with fish, you know.

KITTY: Do you mean cold sliced tomatoes, Bill?

BILL: Well, they're tops, too...But I was thinking of a tomato sauce Mom served with fish. I suppose she made it with canned tomatoes.

KITTY: Tomatoes seem to be useful for every course from soup to nuts... or almost.

MRS. YODER: Did you ever eat green tomato mince meat pie?

KITTY: No, that's a new one to me.

MRS. YODER: Well, later in the season I'll porbably make some...and you shall have a piece of green tomato mince meat pie.

BILL: In that case I presume green tomatoes aren't related to green apples.

MRS. YODER: No, green tomatoes won't give you the tummy ache. They're good to eat...Both fried and escalloped green tomatoes are delicious. And they are especially good made into pickles and relishes.

KITTY: Well, I know now that 20 quarts of tomatoes are only a start.

BILL: Let's just eat them fresh for the time being. What do you say... we raid the ice box? (FADE)

ANNOUNCER: There they go...Bill and Kitty...full of pep and plans for the future. Sounds like their shelves will soon be full of tomatoes, too. Maybe the rest of us would do well to fill our cans and shelves with all the tomatoes we'll need this winter. Let's eat 'em and put 'em up. The voices of Bill and Kitty were those of _____and_____. And the part of Mrs. Yoder was taken by_____. Thanks very much for all the good tomato talk.

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE, presented by Station_____, in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

(If you wish, tell your listeners to write for the bulletin)
("Tomatoes On Your Table"---Address, U. S. Department of)
(Agriculture, Washington 25, D. C.)

RSS-66-1945

(An exclusive service to local nutrition committees in cooperation)
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FOOD MAKES A DIFFERENCE

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In cooperation with

"SOMETHING YOU DIDN'T EAT"

ANNOUCER: We bring you now....FOOD MAKES A DIFFERENCE!

MUSIC: THEME (10 seconds)

ANNOUNCER: Station _____in cooperation with you (local, county) nutrition committee....presents....FOOD MAKES A DIFFERENCE, a weekly feature on food to help you feed your family wisely and well. Today Mrs. _____, our nutrition committee chairman, has arranged something a little special for you....We'll hear....a conversation about one of Walt Disney's latest technicolor films, called "Something You Didn't Eat"...(FADE....DOOR BELL RINGS... DOOR OPENS....)

MRS. CLARK: Oh, hello, Maryann.

MARYANN: Hello, Mrs. Clark. Is Jim ready for school?

MRS. CLARK: No, he isn't going this morning, Maryann. He doesn't feel very well. Something he ate...I suppose...upset his stomach.

MARYANN: Oh, that's too bad. Well, I'll come over this afternoon after school. Bye.....(DOOR CLOSES....FADES.)

ANNOUNCER: When Maryann returned after school she carried a mysterious looking box.

MRS. CLARK: (CALLING UPSTAIRS) Here's Maryann to see you, Jim.

JIM: Hi, Maryann...Come on in.

MARYANN: Hello, Jim. How do you feel?

JIM: Better, I guess. What you got in that box?

MARYANN: Something for you....something to make you well.

JIM: You're kidding. Hope it isn't another jig-saw puzzle.

MARYANN: Well....open it and see.

JIM: (NOISE OF PAPER) Okay...I'll bite.

MARYANN: I'll bet you don't.

JIM: Well, I'm hungry enough to eat nails....Say...what in the dickens are you up to...matches, soap...a penny... a bottle of something....

MARYANN: It's water.

JIM: And nails!

MARYANN: You just said you could eat nails, you know.

JIM: Guess I'll eat my words instead...Well....I don't get it... What's the joke?

MARYANN: Well, you know....this morning your mother told me you were sick because of something you ate...And this afternoon... of all times....we had a Walt Disney movie at school, called "Something You Didn't Eat".

JIM: A movie...and I missed it! But what's the movie got to do with this stuff....nails and junk!

MARYANN: Well,..the movie, Jim...one of those short ten-minute affairs. the picture showed how people can get sick from something they <u>didn't</u> eat...just as easily as they can from something they did eat....

JIM: Well...go on.

MARYANN: And then they showed a man named Mr. Jones....And he was sitting under a huge microscope.

JIM: What was the idea?

MARYANN: Well, it was like taking a clock to pieces to see what it was made of. Jim...you may not believe it...but if a chemist took you to pieces, do you know what you're made of?

JIM: No, but I know what a girl is made of...rags, and bones and a hank of hair.

MARYANN: Silly boy! People are made of water and a little copper and iron and other minerals...And enough fat to make about 7 bars of soap.

JIM: What?....no calcium?

MARYANN: Oh yes, that was funny too...in the movie. You have enough calcium in you, Jim, to whitewash a chicken coop...Or you will have when you grow up...if you grow up....

JIM: What do you mean...if I grow up....I'm 5 feet 5 inches right now.

MARYANN: Well....according to this movie...you have to eat the right foods if you expect to build yourself into a real he-man....

JIM: Well, what's the matter with the food I eat? I weigh enough.

MARYANN: I know...but in this movie you get a feeling the other things are important, too...like...oh, feeling as if you could fly...or go out and conquer the world...Do you know what I mean?

JIM: Yeah...that's the way I didn't feel today.

MARYANN: Well, it might be caused from something you didn't eat. Do you have bleeding gums, Jim?

JIM: Naw.

MARYANN: Or a tired, draggy feeling?

JIM: Yeah, sometimes....

MARYANN: And headaches...and nerves on edge?

JIM: Oh, don't be a 'sil'.....That's what old folks have.

MARYANN: No matter how old you are Jim...food can do things to you.... I mean food you don't eat...

JIM: Well, what do you want me to do....eat these matches and nails?

MARYANN: No, funny man....but you could learn from Mrs. Jones.....

JIM: Who's Mrs. Jones?

MARYANN: She's in the movie, too. She decided she couldn't feed "Pop" Jones nails and soap and so forth....so she looked around for food....the right kinds....that would make her husband and family healthy.

JIM: What does she do....pick a magic formula out of the air?

MARYANN: No, she doesn't have to....She simply uses the Basic Seven Food Guide....that's easy.

JIM: What's the Basic Seven Food Guide?

MARYANN: Well, the movie explained it with a picture of a chain with 7 links. Each link represents a group of foods....

JIM: Like what?

MARYANN: Well...take Group 1, for instance....that's green and yellow vegetables. You're supposed to eat one or more servings from the green and yellow list every day.....

JIM: That's simple....I'll take mine in carrots...raw ones....

MARYANN: Oh, you can't stop with just one kind of vegetable. It's variety you need. You have a choice of over 30 green green and yellow vegetables on that Group 1 list.

JIM: Okay, okay...What are other links in that chain?

MARYANN: Well, I think oranges and grapefruit....tomatoes and cabbage...were part of Group 2....and potatoes and other vegetables and fruits made up Group 3.

JIM: Gee, don't they say anything about bread and butter...and milk and meat...stuff like that?

MARYANN: Oh sure....Milk and cheese are part of another group, I think, and...oh I can't remember them all, Jim...but the idea is to eat some of the foods from each group every day.

JIM: So you think that will make me tall, dark and handsome, do you

MARYANN: Well...I don't say quite that, depends on what you have to start with, you know....But no kidding, Jim...this movie makes you feel like we haven't given food a fair chance.... or ourselves either....

JIM: Well....when you put it that way, makes eating seem kind of important. Makes me think my body's like a machine.....

MARYANN: It is sort of like a machine, isn't it? And I suppose it's our job to feed it super-duper gas and oil....if we expect it to run super-duper.

JIM: Maybe when I feel tough so often....that's just a warning knock that the machinery's getting gummed up.

MARYANN: Maybe it is...In the movie...when one food group was missing in Mr. Jones' diet, you could see one of those links in the chain begin to weaken...Then it stretched and snapped with a great, noisy clang.

JIM: Well, a chain is just as strong as its weakest link, they say...finally, with some food...What have you got, Mom?

MRS. CLARK: Soup, Jim....potato soup. What movie sounds interesting, Maryann?

MARYANN: Oh, one we had at school today....called "Something You Didn't Eat". It was a Walt Disney picture about food... and really super.

MRS. CLARK: Too bad Jim missed it. Maybe I should have seen it, too. Anything about the Basic Seven ?

MARYANN: Yes, a lot about it. How did you know what the Basic Seven is

MRS. CLARK: Oh well...even mothers listen to the radio...And we had a talk at the club last winter on the Basic Seven....I even keep a copy of the Basic Seven Food Guide in the kitchen.

JIM: Gee, Mom, I never saw it. Do you use it?

MRS. CLARK: Of course,..frequently. I often glance at it to check up on my meals.....to be sure I'm not forgetting some kind of food we need....

MARYANN: Mother says it's so hard to shop now....She never can find what she wants.....

MRS. CLARK: Well, I've just about given up wanting certain things...After all, it's still a woman's privilege to change her mind, you know....There's such a variety on the market....If you can't get one vegetable, there's usually another.

MARYANN: I wish Mother would get a copy of the Basic Seven Food Guide to help her shop and plan meals....

MRS. CLARK: It <u>is</u> a help....Your mother is probably like I am...forgets about some foods....The Guide has long lists of foods for each group....and a glance at it occasionally....helps to remind me of vegetables or meats I haven't thought of for a while.

JIM: Well! If you women take this food business <u>so</u> seriously.... why don't you feed a man? Here I am...ready to cooperate... and eat something from each of your Basic Seven...and Maryann brings me soap! Then Mom brings me a baby-sized bowl of soup!

MARYANN: Oh but Jim, you don't have to eat something from all seven at one meal!

MRS. CLARK: If you eat what I serve you every day, Jim Clark, I'm sure you won't have any trouble with something you didn't eat. (FADES).

ANNOUNCER: You've been listening to Mrs. _____, who voiced the part of Mrs. Clark.....to Miss_____, who was Maryann, and to _____, who took the part of Jim, in this 3-way conversation about Walt Disney's technicolor film, entitled, "Something You Didn't Eat".

Listen in again next week to another broadcast of FOOD MAKES A DIFFERENCE presented by Station_____ in cooperation with your (local, county) nutrition committee.

MUSIC: THEME TO END.

NOTE: (If the county or local nutrition committee is arranging non-theatrical showings of the 16mm. print of the movie film, "Something You Didn't Eat", the nutrition Chairman could use this radio time and script to announce these showings. Sixteen mm. prints will be available on loan about September fifteenth from the Office of Information, U. S. Department of Agriculture, Washington 25, D.C. Because of the limited number of prints available, it is advisable to arrange well in advance to borrow a copy for local showings.)

(An exclusive service to local nutrition committees in cooperation with the State and National Nutrition program, Department of Agriculture.)

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